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March 2014
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GoodFood

MIDDLE EAST

SPECIAL
FEATURE

THE FOURTH ANNUAL

GoodFood
Awards
2013

ALL THE UPDATES – INSIDE!

★ Winner details ★ Event snapshots ★ Recipes

Clean cuisine *Eat sustainably – right here!*

**Tender roast
duck with citrus
& carrots** p58

**Make it
for mum**

French-inspired
afternoon tea menu

SUSTAINABLE FOOD CHOICES



SEASONAL
RECIPES



LOCAL
PRODUCE



FARM-TO-TABLE
COOKING

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SATURDAY FAMILY BRUNCH

Pick up a paintbrush at Mazina this March and create your finest masterpiece yet for a chance to win fantastic prizes at our popular weekend family brunch challenge. Whether you're a budding Picasso or aspiring Van Gogh, team up with another family member and transform your blank canvas into an inspired work of art. While you savour the tantalizing tastes of International cuisine, the kids will be entertained with a variety of highlights including a bouncy castle, Wii stations, face painting and a magician too.

Date: 22nd March 2014

Time: 12.30 pm to 3.30 pm

Price: AED 250 including soft drinks;

Children under the age of 6 years dine with our compliments;
and half prize for children between 7 and 12 years of age

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DUBAI MARINA

WHERE *life* HAPPENS

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Welcome!



We've been banging on about it for a while now, but I'm really pleased to see how much momentum the whole sustainability movement is gathering here. Moving forward from farmer's markets and supermarkets giving more aisle space to local and organic produce, an increasing number of restaurants are turning towards sourcing local. It isn't easy, particularly for fine dining establishments – but it can be done. We show you exactly how in *Eat local* (p64) where a five star chef cooks up a gourmet

three-course menu using mainly local produce.

Reinforcing the 'Yes, we can' attitude is the Balcony Gardening group in the UAE, who aren't about to let the small matter of not having a backyard come in the way of growing a vegetable patch – they are growing abundantly in their apartment balconies! We share tips on how you can too, in *A bounty on your balcony*, p93. Not everything can be grown on a balcony of course, and for that, there are farms. Assistant Editor Nicola tracked down one such farm in the UAE to see for herself how produce is grown in the desert, taking two locavore chefs along with her. The report from their day out in the farm makes for interesting reading in *The food foragers*, p90. Moving the focus to seasonal produce, we also share some scintillating sweet and savoury ways with citrus fruits, which are in season now, in *Citrus appeal* on p58.

During a recent chat with an Australian celebrity chef who is setting up a restaurant here, I touched on the subject of sustainability – and the challenges of sourcing local produce for restaurants. He helped put some things in perspective by pointing out that even though locally grown produce can be low on the carbon footprint, does the cost and the whole battle of growing in desert soil make it truly sustainable? And, even if local fish sounds better, what about the way in which it was fished? I know I'm playing devil's advocate here, but I think the important thing to remember is to look at the larger picture. It's not just about local, or organic, or any other terminology – it's about food that instinctively feels clean, wholesome, fresh, ethical, and as nature intended. And it's about being realistic and following sustainable practices as much as possible, within reason.

What do you think? Write in to feedback@bbcgoodfoodme.com to share your views; you can also reach us via facebook and twitter (@bbcgoodfoodme), don't forget to use the #sustainablesunday hash tag – we share a new story on sustainable cuisine every Sunday.

Until next month,

Sudeshna

Editor's picks



◆ These vintage-y herb pots will make anyone want to grow their own! p11



◆ The weather's perfect for weekend camping trips, so try these campsite-friendly recipes, p74

◆ Hungary proved to be something of a culinary revelation for me, p100



A woman with long dark hair is lying down, her head resting against a dark brown, tufted leather headboard. She is holding two small, square, rustic-style frames in front of her face. The frame on the left shows a close-up of a dog's eye, and the frame on the right shows a dog's ear. The woman is wearing a light-colored, textured sweater. The overall mood is cozy and intimate.

this is



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Contents



08

*STARTERS

6 YOUR SAY

Write in to us with your views and comments.

8 FOODIE FILE

All the latest food news, trends and happenings.

11 AISLE FILE

Go shopping for kitchen gadgets, and gorgeous home décor.

12 HERE TO HELP

Expert answers for your cooking questions.

13 TRIED AND TASTED: SUSTAINABLE CUISINE RESTAURANTS

We review two top venues that offer dishes using fresh, local produce.

14 FLAVOURS OF THE MONTH

The best promotions and offers on restaurants.

16 DOHA DIARIES

We have our finger on the pulse of Doha's restaurant and dining scene.



50

*HOME COOKING

50 MAKE IT TONIGHT

Simple suppers to cook up on a weeknight.

54 5 WAYS WITH SAUSAGES

Whether it's beef, pork, lamb or chicken, a sausage can be used in different ways.

57 KITCHEN NOTES

Essential knowhow for home chefs.

58 CITRUS APPEAL

Sweet and savoury recipes using seasonal citrus fruit.

64 EAT LOCAL

A restaurant-style three course menu made using local produce.

68 LEARN TO: BUTTERFLY A LEG OF LAMB

A step-by-step guide to cutting this meat efficiently, with a recipe to try.

71 DINNER PARTY IN AN HOUR

An effortless dinner party menu that is sure to impress guests.

74 CAMPSITE KITCHEN

Going camping? Take these recipes along.

80 TIME FOR TEA!

Spoil mum this Mother's Day with a French-inspired afternoon tea spread.



58



74

100



*GOURMET LIFESTYLE

86 BABY'S FIRST BITE

Everything you need to know before feeding your baby solid foods.

90 THE FOOD FORAGERS

Diary of two locavores' visit to a UAE farm.

93 A BOUNTY ON YOUR BALCONY

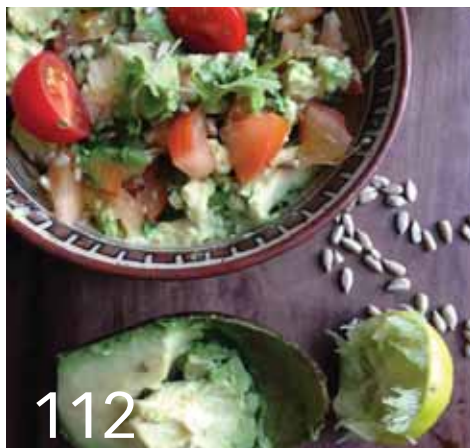
Expert advice on growing produce on your balcony.

96 MY KITCHEN: TOM KITCHIN

A look at this Michelin-starred chef's kitchen.

100 YOU'LL NEVER GO HUNGRY IN HUNGARY!

Immerse yourself in the culinary renaissance this central European nation is experiencing.



112

112 MEET THE BLOGGER

Get to know the face behind the food blog you've been savouring.

COMPETITIONS & OFFERS

98 Luxury getaway at Le Meridien Beach Resort & Spa Dubai.

109 A weekend stay at The Address Dubai Mall.

110 Dining vouchers for UAE restaurants.

WIN!

Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

🍷 Contains alcohol



Store Directory

Contact numbers for outlets featured in this issue

Ace: 04-3411906

Bloomingdale's-Dubai: 04-3505333

2XL Furniture: 04-2888071

Ethan Allen: 04-3308871

Harvest Home: 04-3420225

Tavola: 04-3402933

TWG Tea Salon and Boutique:
04-3253857

Villeroy and Boch: 04-3399676

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

Your say

We love to hear from you!

ON THE HEALTH TRACK

I loved the feature on ingredients to include in your diet and store in your pantry (*Feel good food to eat now*) which was in the February issue. I have started them in my diet. I'd never tasted rapeseed oil before in my life, but I now use it to sauté steak and chicken. I do give myself cheat days every week, and last week I tried the Honeyed peach and pistachio pavlova (*Keep them sweet*, February 2014) which tasted absolutely delicious. I also must add I love the food swap information (*Kitchen notes*) as it makes me more conscious of the calories in what I eat. Thanks, *BBC Good Food ME!*

Elisha Jones



A HOST'S BEST FRIEND

BBC Good Food ME literally planned my alfresco lunch party for me! The other weekend, I invited a bunch of friends over and told them I would cook everything. I'm not the best of cooks, so started panicking as the date drew closer. Luckily, I came across the magazine at a friend's place and found recipes that would work perfectly, in the *Weekend lunch in the garden* feature – it was like a direct answer to my prayers! All the dishes tasted great, but my friends and I agree that the lemon cheesecake with baked plums and blackberries stole the show. They even asked to take home leftovers of the cake, which put a smile on my face.

Jamie Grant



The writer of the Star Letter wins a **Dhs1,000 shopping voucher from Crate and Barrel**. The 50-year old American brand is known for its exquisite selection of homeware products, essential kitchen items, outdoor and indoor furniture and everything else you can ever want for your décor. The collections are suitable for modern and traditional homes alike and are updated every season. There's really no better destination when it comes to cosy, chic and stylish furniture and home accessories. Crate and Barrel stores are located in Mall of the Emirates and Mirdiff City Centre, Dubai.



Crate&Barrel

Star Letter

DOMESTIC DIVA!

Valentine's Day did not make me anxious, but my mom coming to stay with me for a week did – it meant she was going to have her radar on what I was cooking in the kitchen and how! Being totally confused on what to cook, I turned to the February issue of *BBC Good Food Middle East* and haven't looked back since. I tried the Herb and olive new potatoes with feta (*Five ways with potatoes*) and Baked fish with tomatoes, basil and crispy crumbs (*Eat well all week*), and managed to convince my mom that I have metamorphosed

into a woman who can cook good food! If it wasn't for the easy-to-follow recipes from your magazine, I would probably have ended up serving Maggi noodles for dinner – all credit to you! My husband would also like to convey his thanks, as he got his Valentine's Day celebration idea from the *Make date night special* feature.

Neenu Sajin



SOUL FOOD

I love chicken soup, but find that the standard recipe I always use can get boring sometimes. I was so happy to see different chicken soup recipes (*The magic of chicken soup*) in the February issue – my favourite was the chicken noodle laksa, because of the aroma and Asian flavours. I'm definitely going to make a batch again!

Clara Oaks

GREAT WORK

I love the January issue of *BBC Good Food ME!* I'm a subscriber and absolutely enjoy cooking these delicious recipes through the month. Thanks for putting out a good issue, *BBC Good Food ME* team.

Naglaa Abdelhamid



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

You can also connect with us on social media! Find us on:



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@bbcgoodfoodme

Or, you could write to us at:

The Editor

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From our social media pages

- * Congratulations! Jumeirah Emirates Towers celebrates success at @BBCGoodFoodME Awards – *Jumeirah*.
- * I get a little mention in this month's BBC Good Food Middle East. Thanks guys! – *Geordie Armani*.
- * Zuma Dubai team continues to make me proud! Thank you BBC Good Food ME for the recognition once again. – *Ajaz Sheikh*.

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Foodie file

What's hot and happening in the culinary world, here and around the globe.



Social by Heinz Beck



Choix Patisserie

DINE IN THE CITY

- * The latest Michelin starred chef to open a restaurant in Dubai is Heinz Beck, who has just launched his new fine-casual restaurant concept, Social by Heinz Beck at the new Waldorf Astoria Dubai Palm Jumeirah. With innovative dishes such as scallops on amaranth grain and black corn, as well as classics like beef fillet with black truffle, and his signature raspberry sphere dessert on offer, you are guaranteed a gourmet meal in a relaxed yet glamorous setting with Palm views. Call 04-8182222.
- * GQ Bar and Restaurant has finally opened its doors at JW Marriott Marquis Dubai! The newest outlet from the Condé Nast International Restaurants group exudes sophistication with a fireplace in the lounge area and a global magazine wall on the first floor, and is open for lunch and dinner. Call 04-3606601.
- * Pierre Gagnaire is back with a new outlet – Choix Patisserie and Restaurant par Pierre Gagnaire at InterContinental Dubai Festival City. The French patisserie restaurant serves up a signature afternoon tea as well as hot breakfast, lunch and dinner dishes, all made with seasonal French products. Visit diningdfc.com.
- * Hot-foot it down to House of Curry at Mohammed Bin Rashid Boulevard, Downtown Dubai, to feast on age-old curry recipes from Indian Maharajas, as well as popular classics like butter chicken, tandoori crab and mutton rogan josh. Low-calorie options are available too! Call 04-3469740.



Virtual voyeurism over food

Ever curbed your hunger pangs by watching someone else eat while you speak to them? No, neither have we! The fad, known as gastronomic voyeurism, seems to be a hit in South Korea though, as people are now broadcasting live every day on Korea's Afreeca TV (a social networking website), to talk to people via a webcam, while eating a sumptuous feast laid out in front of them. The broadcast takes place for a few hours and is a good source of income for those offering their company to lonely diners – they make money through virtual balloons sent in the chat room, which translate into cash. Park Seo Yeon, also known as The Diva (she earns up to Dhs30,000 a month through the broadcast!), is one such dinner companion who says the broadcast is great for those on a diet, who want to avoid eating at strange hours, or who want to chat while eating alone.

THE HOT DEBATE

We're all guilty of clicking pictures of food on our phones when dining out, and posting on social media. However, a few chefs in France have gone up in arms against this trend. An article recently published in The Telegraph stated that a chef from a three Michelin-starred restaurant will be imposing a ban on camera-phones, as he believes the photos don't do justice to the food. Another chef, Giles Goujon from L'Auberge du Vieux Puits, added that the photos take away the surprise element. It is a fair point, but social media sharing also offers great publicity for the restaurants and chefs. Which side of the debate are you on?



This just in:

How cool does Coffee Planet's Moccamaster look? The handmade, eco-friendly filter coffee machine is available in ten vibrant colours from the home grown coffee brand. Available for Dhs1,299 at select Coffee Planet stores, visit www.coffeeplanet.com.

Compiled by NICOLA MONTEATH | Photographs SUPPLIED, PHOTOS.COM.

What's trending

#BBCGFME2013Awards
The BBC Good Food ME 2013 Awards have been the talk of the town! Hotels and restaurants such as Noodle House, Hakkasan, The Ivy Dubai, and Jumeirah Beach Hotel wished all the nominees luck, posted pictures of their team members, and restaurants such as Market by Jean-Georges, W Doha Hotel and Residences posted photos of their wins, while food bloggers at the event tweeted live.


[Home](#)


Spotlight on: Venetian Village

The newest culinary hub to open this year in the capital is this waterfront complex sited within the Ritz Carlton Grand Canal development. Venetian Village will be a spot for diners to enjoy an Emirati meal at Al Fanar Restaurant and Café, as well as visit new international imports such as Inkaya (a traditional Japanese Robata-yaki grill restaurant); Barfly (a lounge concept found in LA and Paris); Brasserie Flo (a French bistro); and Olives (a Mediterranean restaurant founded by celebrity chef Todd English).



“All happiness depends on a leisurely breakfast.”

– American author and journalist John Gunther

READY, STEADY, COOK-OFF!

We're super excited to announce the launch of the first ever Crate & Barrel Cook Off in association with BBC Good Food Middle East! Open to amateur cooks of all ability levels, the competition is focused on all things healthy, fresh, organic, and natural – the sort of thing we really care about, basically.

Simply log on to the competition app on [facebook.com/CrateandBarrelMiddleEast](https://www.facebook.com/CrateandBarrelMiddleEast), and upload your original healthy living-inspired recipe along with a picture. The shortlisted 12 entries will then get to recreate their recipe in a live cook-off to take place over three days at Taste of Dubai, with the winner standing a chance to win a dream culinary holiday for two, plus runners-up prizes of shopping vouchers and lots more goodies in store. It's the chance all you budding chefs have been waiting for, so hurry and enter! Contest closes March 10.

ALL SCREAM FOR ICECREAM!



The launch of iCream Café – a franchise from US – at Al Ghurair Centre, is soon to be the next big thing in town! Frozen dessert lovers will love their customised ice cream, frozen yoghurt, sorbet or milkshakes, all made on the spot with a quick and innovative liquid nitrogen freezing process. The café also serves lactose-free options. www.icecreamcafe.com.



MAGNIFIQUE FRIDAY FRENCH BRUNCH

It is the perfect opportunity for the whole family to enjoy a French-themed brunch. Featuring famous dishes from various regions of France with a wide array of live cooking stations, a range of fresh seafood and a selection of international favourites - you will be spoilt for choice. Our special kid's zone will keep the little guests entertained.

Mother's Day Special, on 21st March Moms eat for free when dining with their family.

Complimentary for children up to the age of 12, maximum 2 kids free per paying adult, 13 to 17 years half price.

Packages starting from AED 230 per person.

A O C
FRENCH BRASSERIE

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Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



It's springtime! **VILLEROY AND BOCH'S** Modern country living collection is a seasonal range we are loving at the moment – it has everything from tiered cake stands to coffee creamer jugs, adorned with cartoon bunnies and flowers in lovely, spring-perfect colours. From Dhs100.

This **CRIMSON G10 7INCH NAKIRI KNIFE** is shaped with a slight curve on the blade to make chopping fruit and vegetables quick and easy. Dhs330 at **ERGOCHIEF.COM**.



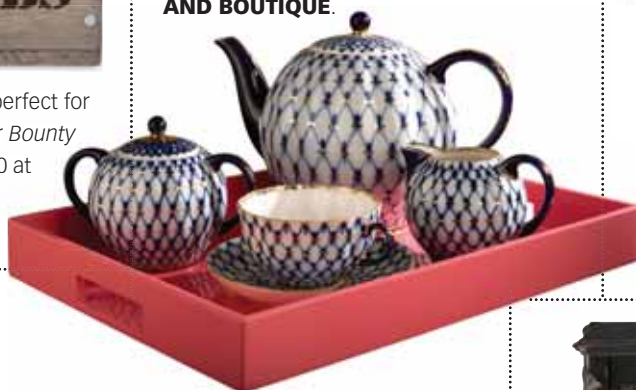
Here's the perfect gift for a baking goddess – a personalised **PICKLE PIE OVEN GLOVE** with their name and a list of things they love. Dhs55 at **PICKLEPIECECREATIONS.CO.UK**.

Always end up stuck with leftover grated cheese or vegetables? All you need to do with this **GRATE AND STORE GRATER** is grate with the lid, close the box and refrigerate – we love the helpful imperial and metric units on the container! Dhs63 at **2XL**.



These **COLWORTH HERB POTS** are perfect for balcony gardening. Learn how to, in our *Bounty on your balcony* feature on p93. Dhs180 at **HARVEST HOME**.

This **TSARINA TEA SET** is going to make afternoon tea even more of a delight. From Dhs290 at **TWG TEA SALON AND BOUTIQUE**.



Pack your school or office lunches in one of these cute **LUNCH POTS**, which have a large and small pot (for snacks or dessert), a watertight locking seal, a spork and a carry strap – smart! Dhs109 at **PANTRY CAFÉ**.



This **SMILES N' STUFF KITCHEN TOWEL STAND** made by the students of Al Noor Training Centre for Children with Special Needs is not only cute, but you know you're supporting a good cause when you buy it. Dhs68 at **TEJURI.COM**.



Splash out on this luxe **BARRYMORE** dining table from **ETHAN ALLEN'S** The New Eclecticism collection, which will make you want to throw dinner parties simply to show it off to guests! Dhs7,880.



Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.

Q Do you have any tips on how to make a grease-free pizza base?

A. You need olive oil to help with the elasticity and pliability when making the dough – this also makes the base crispy when cooked. I like to use 4 tbsp olive oil, 1 sachet yeast, 1 tsp salt, ½ tsp sugar, 450g all-purpose flour and about 300ml water to make a good dough. Add your favourite ingredients on top and bake until cooked.



Q I've tried roasting pumpkin seeds a few times, but it always gets burnt and over-cooked. What's the best way to toast pumpkin seeds?

A. Pumpkin seeds are such a great addition to salads and porridge. The best way to toast them is by dry roasting them in a pan, on low heat, with sea salt and 1 tbsp olive oil for 2-3 mins. If you want a more smoky flavour, sprinkle smoked paprika or cumin powder when toasting.

Q Whenever I try to poach chicken, it becomes too dry. How do I keep it moist?

A. Poached chicken, while simple, can easily go wrong! You need to make sure you cook the chicken in water, on a gentle simmer, so that there are small bubbles in the pan. When the chicken reaches above 76°C, or is firm to touch on the outside, it is cooked, with the perfect moisture and tenderness inside.



Q I usually re-freeze defrosted chicken when I don't use all the pieces. Could you please tell me how long does re-frozen chicken keep for?

A. Many people tend to re-freeze chicken, but you have to be careful when doing this as it can cause breeding of harmful bacteria. Once the chicken has been completely defrosted, it should be stored in a freezer of less than 4°C temperature for just two days.

Q What can I use as a substitute for oyster sauce in Asian dishes?

A. I personally like the taste of oyster sauce and wouldn't substitute it. However, my favourite vegetarian option is mushroom sauce mixed with a little sweet chilli sauce. It adds the same depth and texture to a dish, while eliminating the fishy flavour.

Andy's ingredient of the month

Raw Yemeni honey – it's probably the best I have ever tasted, and is regionally sourced, so is sustainable too. Honey has such great healing powers and nutritional benefits, and tastes great with yoghurt, desserts and in salad dressings. Raw Yemeni honey is available at Union Cooperative and Lafayette Gourmet.



Menu planner

Whip up a delicious meal with recipes from this issue

Alfresco weekend brunch



A breakfast classic given an indulgent twist, Scrambled egg croissant, p76



This Barbecued Greek lamb is perfect for cooking up over a social weekend BBQ, p68



A fresh and light side – Mozzarella orange salad, p71



These Lime and ginger bars are moreish and will also keep well, p63

Tried & tasted

Each month, we review two of the UAE's top tables.



Sustainable cuisine restaurants



Where: Urban Bistro, Dubai Media City (CNN Building)

What's it like: Setting itself apart from all the other DMC venues which serve lunches for on-the-go executives, Urban Bistro is a proper restaurant, with a casual, café vibe coming from the funky, chalkboard menu-style ceiling, bookshelf-lined walls and open deli area. The menu contains all the usual suspects of lunchtime favourites such as salads and burgers, with the differentiating factor being that it is all focused on sustainability. The team strive to source locally, and the chef assures me that 75 per cent of the ingredients are from around the region, with ongoing efforts to increase that ratio. I decided to put that to the test with ordering a local calamari with chilli flakes and homemade aioli – which was crispy and delicious. My lunch companion also craved calamari but opted for the day's special, which came with a tapenade crust and watermelon sauce, so on the starters front, they got a tick mark from us. For mains, as they didn't have too many gluten-free options, I opted to have the vegetarian portabella mushroom burger (the mushrooms are from Lebanon – not bad!) which the team obligingly served me bun-free. My friend's quinoa and beef salad with an Asian dressing was nice, but with the beef on the drier side, unspectacular. We were wowed however by the sneak peek into the soon-to-be-revealed new menu which we got from the desserts – one of them an English garden with chocolate soil, berry flowers and macarons, but the clear favourite, a refreshing lemon parfait with praline topping adding crunch and texture. We couldn't get enough of it! Clearly a popular lunch venue – the brightly coloured tables and chairs on the outdoor terrace was full on a weekday – the restaurant suffers from patchy and inconsistent service, but I would definitely come back for the fresh, wholesome and overall quite tasty food, that I know doesn't have a million carbon miles notched up to it. Maybe for dinner however (yes, they are open all day, also on weekends), when I wouldn't feel guilty to try the duck confit or lamb shanks!

Best for:
An alfresco
lunch date

If you want to go: Mains are priced around Dhs70 on average, carafes of local water are served free – we like! Call 04-3624330.

- Sudeshna Ghosh

Where: Massaad Farm-to-Table, The Walk at Jumeirah Beach Residence

What's it like: This casual eatery nestled on the bustling Jumeirah Beach Residence Walk offers a refreshing take on Arabic food, with a focus on the farm-to-table concept – they source most of their ingredients directly from the farmers, including the chicken. The cosy, rustic-style interiors feature an open kitchen set right across the leather couch and square wooden tables, exposed brick walls with a floor-to-ceiling shelf displaying jars of pickles and olives, and lanterns and buckets hanging from the ceiling. The restaurant is rather small, but outdoor seating is available too.

My dining partner and I love a good Arabic grilled chicken with garlic paste and fattoush, so before we could even see the menu we knew we had to try it, to measure it up to others we like. We began with the fattoush, a salad of fresh, local vegetables doused in pomegranate molasses and topped with crisp bread and pomegranate seeds – we both loved how juicy the tomato and cucumbers were, and were amazed that they were all from local farms. The other starter we shared was a generous portion of spicy potatoes – crisp and tossed with chilli powder – which definitely took the trophy for Best Starter Ever! My suggestion would be to order garlic dip as a side to the potatoes as they pair well. This was followed by lamb chops and a half grilled chicken, all of which came with French fries and grilled vegetables. I dunked the juicy, tender chops into the chilli paste which came with it, while my dining partner relished every morsel of the moist chicken. We also nibbled on a flavoursome chicken shawarma which was served on a thin flatbread – similar to a tortilla – and arrived on a cute miniature wooden chopping board. On the whole, we loved how wholesome and fresh everything tasted, and would definitely come back here – especially when a meal made using sustainable produce, is priced as reasonably as this.

If you want to go: Around Dhs200 for three-course dinner for two. Call 04-3589776.

- Nicola Monteath

Best for:
A relaxed
Arabic meal



Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✴ Evening nibbles

Head to Alta Badia Bar and Restaurant, Jumeirah Emirates Towers, after work with the team, for their Milano da Bere promotion which includes two signature cocktails and small bites (Cicchetti) such as spicy beef meatballs, potato and mushrooms croquettes and crispy panko prawns. Available daily from 6-8pm, Dhs99 per person, call 04-3198771.



Alta Badia Bar and Restaurant

✴ A feast for the senses

Go on a gastronomic journey with Jumeirah at Etihad Towers' Epicurean Escapades. The progressive dinner begins with aperitifs on Scott's terrace, followed by courses at Li Beirut, Tori No Su and Brasserie Angelique – to allow diners to try cuisines from the Levant, Japan and France – ending with digestifs at Ray's Bar. From Dhs850 per person, call 02-8115666.

✴ Alfresco brunch

Ballarò, the market-style garden terrace restaurant at Conrad Dubai, have launched a Friday brunch. The restaurant serves a selection of dishes – made with fresh produce – inspired from markets such as the Indonesian pasar, French Marché and Spanish bouquerias, to name a few. Fridays from Dhs265 per person. Call 04-4447100.



✴ Keeping it chic

Zuri at Auris Plaza has launched a new concept, Chic cuisine, a fixed-price à la carte dinner menu which features 20 innovative and modern-style Far Eastern flavoured dishes that combine a mixture of contemporary cooking techniques. Guests can order unlimited plates of dishes like beef cheek braised in tom yum broth with coconut risotto and sautéed garlic green beans, as well as desserts, that are all beautifully presented. Dhs225 per person, call 04-4554839.



✴ Seafood special

Fish Market at Radisson Blu Hotel, Dubai Creek, is celebrating their 25th anniversary with a special offer for this month only. Dine there for lunch or dinner, to try the seafood platter which includes a sumptuous feast of shrimps, squid, scallops and Alaskan crab – all at a special price. Dhs180 per person, call 04-2057333.



✴ Picnic by the beach

Love picnics but hate the bother of packing a hamper? Stop by Sun Deck at Amwaj Rotana to pick up a hamper of French specialties such as quiche, green salad, cold cut platters, cheeses, mini fruit tartlets, baguette, fruits, soft drinks and water, and head to a nearby beach for a gourmet day in the sun. Dhs170 per basket for two. Call 04-4282000.

✴ Mother's Day treat

Celebrate Mother's Day with a girly afternoon of spa and high tea at The Address Dubai Mall. Indulge in a 60-minute massage for two at the spa, followed by Afternoon Tea at Karat Lobby Lounge, to nibble on finger sandwiches, pastries and a selection of teas such as white mist, South African red tea or ginger coffee. Dhs999 for two on March 21, call 04-8883444.



✴ New to the menu

Kanpai at Souk Al Bahar have added a selection of new dishes to their menu. Visit the restaurant to relish Kobe steak, lobster misonaise, and salmon gyoza among other Japanese delicacies. Available daily, call 04-4419269.

✴ Seasonal flavours

Traiteur at Park Hyatt Dubai is highlighting the season's produce in their new menu which includes dishes such as organic poached egg and truffle sabayone, Dover sole with mussel ragout and baby spinach, and artichoke crème brûlée. À la carte menu. Call 04-3172222.



✴ Guest chef in town

Visiting Italian Michelin star chef Antonella Ricci and executive chef Vinod Sookar will be cooking up a storm in the kitchens of at Certo, Radisson Blu Dubai Media City, to offer diners a taste of Puglia with a special menu. Head there to try classic dishes with wine pairings from visiting Italian sommelier Antonella Millarte. Set menu, April 2-4, call 04-3669111.



✴ Ten times the brunch fun!

The popular Spectrum on One Friday brunch at Fairmont Dubai just turned ten, and to celebrate, they have introduced a new outdoor terrace venue where you can enjoy live barbecue dishes, plus shisha and cocktails, poolside, while taking in the city skyline views. The brunch offerings continue to indulge with an extravagant spread of different cuisines from Mexican and European to Asian and Indian, all featuring live cooking stations. From Dhs345, call 04-3118316.



✴ Norooz celebrations

Celebrate Norooz, the Iranian New Year, at Shahrzad, Hyatt Regency Dubai, and try the special menu which includes grilled kebabs, oven-baked breads, traditional stews, rice and desserts. The evening also includes live performances from resident musicians. On March 21, Dhs599 per person. Call 04-3172222.



✴ Go green

Irish-themed pub The Hub at Sofitel Dubai Jumeirah Beach is where you and your friends should spend St. Patrick's Day, to indulge in a mouthwatering Irish burger and four brews. March 9-17, Dhs195 per person, call 04-4484733.

✴ Dinner and a show!



Glamorous theatre club and BBC Good Food ME award winner The Act Dubai is now open from Mondays through Wednesdays with a new concept titled Dreams, where various entertainment performances (think jaw-dropping balance acts and operatic sequences) provide the perfect complement to the gourmet Peruvian menu served in three fixed-price options. Named Fantasia, Nocturia and Insomnia, the menus feature sharing-style dishes such as melt-in-the-mouth beef skewers, empanadas, and the Latin American classic ceviche. Open from 8:30pm to 1am on weeknights, call 052-8119900.

✴ Turn off the lights!

The day for marking earth hour is coming up, so head outdoors to Radisson Blu Hotel, Abu Dhabi Yas Island, for a moonlit barbecue buffet dinner of meat, chicken and seafood, by the pool. On March 29 from Dhs145 per person. Call 02-6562000.



✴ Thai treat

You can't go wrong with Thipthara when it comes to traditional flavours offset by stunning Dubai Fountain views. But if you wanted any further reason to go there, the new Gateway to Siam menu offering delicacies from across different regions of the country is it! The four-course set menu is served family-style for sharing, and includes mouthwatering dishes such as minced duck salad with roasted rice, with the friendly hospitality adding to the authenticity of the experience. Three course set menu dinner is Dhs345 per person, call 04-4287888.

The Doha diaries

Our Doha-based columnist has her finger on the pulse of the city's foodie scene.

The latest food news and happenings in the city.

Market Forces

It's a cool and clear Friday morning and I am motoring north along the Shamal Road. I have a hastily drawn map, some vague directions and a purse full of riyals. No, I am not headed to the border in some kind of Thelma and Louise meltdown! My destination is not on any tourist maps, it's off an obscure dusty road near a football club. The main landmark given in directions to me is a gas station and an overpass. I'm headed to what is fast gaining a reputation amongst foodies as a must-visit on weekends.

Qatar's first Farmer's Market, known as Al Mazourah Yard, opened in 2012 as a way to showcase the produce of the country's smaller producers and work on real solutions for the pressing food security concerns we face. Currently Qatar imports 90 per cent of its food and a mere six per cent of its land is farmable. Opening for around six months each year (December to May) on weekends, with more than a dozen store holders there are more than 50 different types of vegetables on sale. So popular has this venture been, that another has been opened further north in Al Khor with fresh fish and livestock on sale there.

Rates are at least 30 per cent cheaper than the chaotic Central Market and literally, these veggies are straight from the farm gate to you. To ensure uniformity and quality, the Ministry provides boxes for the sellers as well as price guides. "We've chosen Al Mazrourouh and Al Khor as locations for our markets because they are near the farms. This will reduce transportation costs on farmers and keep vegetables fresh," said Qatari Agricultural Economist Dr. Abbas al Awadi at the opening of the Al Khor market. More than 60 farmers are working the dry land in Qatar using a variety of methods, and are supported in their efforts by the Ministry of the Environment.

Only local products are sold at the markets, so don't expect a wide selection or any fruit at this stage. My visit yielded the first of the season's tomatoes (a box for QR12), beets (QR12 for a box), some fresh goat's cheese, locally grown honey and locally grown herbs including parsley (thrown in as a gift from the store holder). The drive to sell is evident, with one of the 25 stallholders offering suggestions of what to do with my beets, and another knocking a few riyals off his price because of my 'smile'.

At 10am on a Friday in January, the market is doing a brisk trade. There was a jumping castle for the kids and traditional Qatari food available for takeaway. Locals, restaurant workers and expats alike were filling up their car boots with fresh produce and the odd bargain for the week ahead. What's not to love about that?

Need to know: Both markets operate on Thursdays, Fridays and Saturdays, 7am to 5pm.

- Rachel Morris is a Qatar-based writer and food blogger (lifeonthewedge.net).

Boxy bites

Blue at Grand Heritage Doha is now serving a selection of Asian delights, in a bento box for lunch. Head there to try the mixed tempura box which features crab meat, shrimp, steamed rice, sashimi, apple crab meat salad, and miso soup or a special Chinese tea. QR120 per person, call +974 444 55555.



Weekday treats

Every Sunday is Burger Night at Market by Jean-Georges, W Doha Hotel and Residences, this month. So don't forget to take a few friends along and sink your teeth into the juicy Market burger with truffle mayonnaise and brie, or a tuna burger with miso mayonnaise and yuzu pickles, with sides such as tempura onion rings or spiced chickpea fries. QR110 per person, call +974 4453 5000.

Taking it literally

Good news for Doha's diners – BookMunch Café, a Dubai-based literary café, is all set to expand to Qatar this year. The café offers a great selection of cookbooks and novels both for sale and for browsing, while enjoying coffee, sandwiches, salads and pastries. Visit bookmunchcafe.com.



An afternoon with mum

Treat your mother to afternoon tea at Sky Lounge, Oryx Rotana Doha, and feast on raisin scones, strawberry tartlets, finger sandwiches and chocolate fondue with fruits, along with a selection of teas and coffee. From QR75 per person 50 per cent off for all mothers on March 21, call +974 4402 3333.

THE FOURTH ANNUAL

BBC

GoodFood

MIDDLE EAST

Awards

2013

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✱ Winners ✱ Event snapshots ✱ Recipes

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THE NIGHT THAT WAS!

The BBC Good Food ME awards has been going from strength to strength each year, and this year's glittering gala was evidence of just that. Pegged as the Oscars of the region's food industry, the glamorous awards ceremony was held at The Address Dubai Marina on January 29, 2014. Winners were chosen by a rigorous two-step voting process lasting over several months, with an independent judging panel responsible for choosing the winners of the five major awards categories. Here are some highlights from the event.

On the red carpet

The theme of the night was Oscars, and guests, both from the F&B industry and consumers and media, came appropriately dressed in their glamorous best.

The BBC Good Food ME team set the tone, with editor Sudeshna Ghosh dressed in an elegant C'est Moi gown, complemented by hair and makeup by the stylists at Ricci Capricci salon.



What's new

This year saw the introduction of three new categories in the awards, a representation both of emerging trends in the food industry, as well as BBC Good Food ME's growth in the region. The new categories for this year were:

- ✦ Best seafood restaurant
- ✦ Best Experiential Dining outlet
- ✦ Restaurant of the year - Doha



MEET THE JUDGES

The judging process was even more streamlined this year, with an elite panel made up of three industry veterans dining out together at all the finalist restaurants in the major categories (Restaurant of the Year - Dubai, Abu Dhabi; Best New Restaurant - Dubai, Abu Dhabi; and Chef of the Year). The esteemed judges, who each got a culinary gift from Tavola when being thanked on stage, were:

✦ **Uwe Micheel:** President of the Emirates Culinary Guild and Director of Kitchens at Radisson Blu Dubai Deira Creek, this award-winning chef has, over decades, been a fundamental part of shaping the UAE's F&B industry's growth.

✦ **Marianne Saulwick:** Director of Industry Liaison at Emirates Academy of Hospitality Management and former restaurant critic and judge at Sydney Morning Herald, and part of the BBC Good Food ME awards family right from the outset.

✦ **Tarek Ibrahim:** Celebrity chef and TV show host on Fatafeat, WACS-certified Global Judge, certified Executive Chef by the American Culinary Federation and corporate chef for Meat & Livestock Australia.



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TASTY TIDBITS

The pre-event reception of the BBC Good Food ME awards is a highlight in itself, with tasting stations set up by different restaurants and brands to showcase their offerings with canapés and tasters. Take a look at the diverse variety of global cuisines guests got to enjoy.

Certo, Radisson Dubai Media City



This Italian restaurant had a variety of authentic delicacies on offer.

Benjarong, Dusit Thani Dubai

Traditional royal Thai treats such as spicy salad and chicken satay with peanut sauce were just some of the mouthwatering dishes served.



Elia, Majestic Hotel Dubai



The only authentic Greek restaurant in the city, Elia brought not only their delicious bites to the table, but also their chef who was happy to chat to guests about Greek cuisine.

Rang Mahal by Atul Kocchar, JW Marriott Marquis Dubai

Not only did this restaurant take home a prestigious award, but guests also got to enjoy their contemporary Indian dishes on the evening.



Lemongrass restaurants



Thai flavours were brought to life by this popular restaurant whose offerings included delectable veggie rolls.

Salero Tapas & Bodega

This new tapas outlet introduced guests to the world of Spanish cuisine with their signature tapa items such as canapé crackers with anchovies.



Noodle House restaurants



This well-loved Asian restaurant chain served up hot noodles and rice dishes in mini paper cartons, among other dishes.

Rafael Salgado olive oil

A variety of international canapés made with the fine olive oil were enjoyed by all.



BerryWhite juices



The night got a healthy twist with a refreshing selection of organic healthy drinks such as lemon, ginger and acai berry, and goji berry with ginger. Guests got a drink in their goodie bags too.

De'Longhi coffee machines

This luxury coffee machine brand was barista-ing up steaming hot coffees for everyone!



Monviso water



This pure, natural mineral water was on display and also enjoyed by guests at the dinner table.

ON THE MENU

THE GOURMET THREE-COURSE MEAL GUESTS ENJOYED

STARTER

Tartare of tuna and seared tuna with rosti, fennel and caper salad topped with quail egg

MAIN COURSE

Beef tenderloin with shallots, cherry tomato, broccoli and baby potato, served with herb jus

DESSERT

Vanilla pannacotta, star anise pineapple, sesame arabesque

La Dolce Vita

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March into Certo this month and experience the perfect “La Dolce Vita” Friday with a refreshing brunch offering mouth watering Italian delicacies alongside live entertainment. From home made antipasti’s to pizzas baked in a wood –fire oven together with a massive assortment of risotto, seafood and meat selections served straight up at your table with free flowing bubbly or any other beverage of your choice or delve into our massive dessert buffet happening **every Friday from noon till 3.30 pm**

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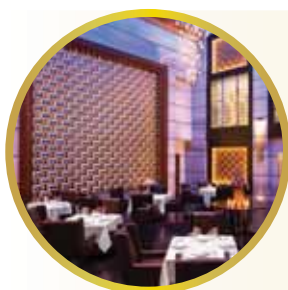
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ITALIAN RESTAURANT

RESTAURANTS - FINE DINING

RESTAURANT OF THE YEAR, ABU DHABI

FINALISTS

- * **55 & 5th The Grill** - The St. Regis Saadiyat Island
- * **Bord Eau** - Shangri-la Hotel, Qaryat Al Beri
- * **Marco Pierre White Steakhouse & Grill** - Fairmont Bab al Bahar
- * **Quest** - Jumeirah at Etihad Towers



WINNER

55 & 5TH THE GRILL THE ST. REGIS SAADIYAT ISLAND

☺ *We won an award last year as well! It's absolutely stellar to win it again, and we just can't believe it.* ☺ – Lee Murdoch



RESTAURANT OF THE YEAR, DUBAI

FINALISTS

- * **Hakkasan** - Jumeirah Emirates Towers
- * **La Petite Maison** - DIFC
- * **Nobu** - Atlantis The Palm
- * **Zuma** - DIFC

WINNER ZUMA DIFC

☺ *We never expect to win the award but we do! Everything is attributed to our wonderful team who excel consistently.* ☺ – Marian Marir



SPECIAL JUDGES' COMMENDATION HAKKASAN JUMEIRAH EMIRATES TOWERS

☺ *We have great plans for the Dubai outlet. Our bar manager recently won an award too, and knowing that the judges believe we are among the best makes us feel very proud and pleased!* ☺ – Vinicio Alberelli



RESTAURANTS - FINE DINING



BEST NEW RESTAURANT, ABU DHABI

FINALISTS

- * **Blue Marlin Ibiza UAE**
- * **Rhodes 44** - The St Regis Abu Dhabi
- * **Scott's** - Jumeirah at Etihad towers
- * **Spice Mela** - Rosewood Abu Dhabi

WINNER

RHODES 44

THE ST REGIS ABU DHABI

👏 I'm very proud! Especially because we have only been open for six months. Paul Lupton has been with me for ten years now and he's absolutely great in the kitchen. We hope it will only get better and better from here. 🍷 – Gary Rhodes



BEST NEW RESTAURANT, DUBAI

FINALISTS

- * **Blue Jade** - The Ritz Carlton Dubai
- * **La Serre Bistro & Boulangerie** - Vida Downtown
- * **Rang Mahal by Atul Kochhar** - JW Marriott Marquis
- * **Tomo** - Raffles Dubai

WINNER

BLUE JADE

THE RITZ CARLTON DUBAI



👏 I was slightly nervous but I'm so happy that we got it! It's not surprising though as all our dishes are great and just so good! 🍷

– Ta Van Huong





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RESTAURANTS - FINE DINING

BEST EUROPEAN RESTAURANT

FINALISTS

- * **Elia** - Majestic Hotel Tower Dubai
- * **La Petite Maison** - DIFC
- * **Reflets par Pierre Gagnaire** - InterContinental Dubai Festival City
- * **Villa Beach Restaurant** - Jumeirah Beach Hotel



WINNER

REFLETS PAR PIERRE GAGNAIRE

INTERCONTINENTAL DUBAI FESTIVAL CITY

☺ *It's a great achievement to win the award! Our team works very hard to offer great food and service to diners* ☺
– Yagmur Gursoy



BEST INDIAN RESTAURANT

FINALISTS

- * **Amala** - Jumeirah Zabeel Saray
- * **Chor Bazaar** - Mövenpick Hotel Ibn Battuta Gate
- * **Indego by Vineet** - Grosvenor House Dubai
- * **Patiala** - Souk Al Bahar

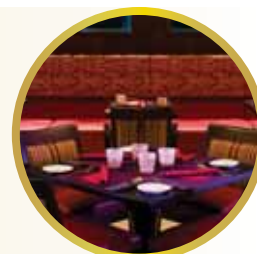


WINNER

CHOR BAZAAR

MÖVENPICK HOTEL IBN BATTUTA GATE

☺ *It feels so good to win something like this! We have been nominated for the last three years, and finally won it!* ☺ – Ravi Rao



BEST LATIN AMERICAN RESTAURANT

FINALISTS

- * **Asado** - The Palace Downtown Dubai
- * **La Parilla** - Jumeirah Beach Hotel
- * **Gaucha** - DIFC
- * **Toro Toro** - Grosvenor House Dubai



WINNER TORO TORO GROSVENOR HOUSE DUBAI

☺ *I'm extremely proud of my team! This award is for them because they are consistent in their great effort. We will keep doing what we do to maintain this position and win the award next year as well.* ☺ – Damien Fuantesc



RESTAURANTS - FINE DINING

BEST CONTEMPORARY BRITISH RESTAURANT

FINALISTS

- * **Rhodes Twenty10** - Le Royal Meridien Beach Resort & Spa
- * **Rivington Grill** - Dubai
- * **The Gramercy** - DIFC
- * **The Ivy Dubai** - Jumeirah Emirates Towers

WINNER

THE IVY DUBAI

JUMEIRAH EMIRATES TOWERS

☺ We tribute this award to Ben Tobitt who couldn't make it here tonight. We are absolutely shocked and grateful to BBC Good Food ME. ☺ – Nicola Robinson



BEST STEAKHOUSE

FINALISTS

- * **55 & 5th The Grill** - The St. Regis Saadiyat Island Resort, Abu Dhabi
- * **JW'S Steakhouse** - JW Marriott Dubai
- * **Ruth's Chris Steak House** - The Address Dubai Marina
- * **The Meat Co.** - UAE

WINNER

JW'S STEAKHOUSE

JW MARRIOTT DUBAI

☺ We have won this award thrice in a row! It's great and makes us feel proud that we are the best in the Middle East. ☺ – Richard Collins



BEST EXPERIENTIAL DINING

FINALISTS

- * **Bateaux Dubai**
- * **Blue Flame Cooking Classes** - Jumeirah Creekside Hotel
- * **Dine in the Dark** - Fairmont Dubai
- * **The Act Dubai** - Shangri-la Dubai

WINNER

THE ACT DUBAI

SHANGRI-LA DUBAI

☺ We do things very differently at our venue, whether it's the food, entertainment or décor, and it obviously shows! ☺ – Jean Marc Petrus



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spectrum
on one

Blue Jade, an enchanting celebration of authentic Asian cuisine



Opened in summer of 2013, Blue Jade at The Ritz-Carlton, Dubai commenced a celebration of the mystique and authenticity of Asian cuisine.

This award-winning restaurant is strategically located in the city's legendary luxury beachfront resort that overlooks the Arabian Gulf, which makes it the perfect setting for a classic Asian seaside dining experience. It shines the spotlight on taking diners on an enchanting journey through the Far East and brings together a melting pot of cooking styles from across Asia's most feted culinary destinations.

The menu highlights rich family recipes, courtesy of the restaurant's Vietnam-born Chef, Ta Van, who has taken his culinary inspiration from his grandmother by helping her prepare dishes in their family kitchen. Diners are invited to relish the renowned grandma's recipe, Ginger Lotus Sea bass and other signature dishes, which include rice paper rolls from Vietnam, tom yum soup from Thailand, black pepper crab from Singapore and miso black cod from Japan.



Blue Jade specializes in crafting an exquisite dining experience in an intimate atmosphere. With its elaborate menu, exclusive and intuitive service, Blue Jade is no doubt the hottest dining spot in the city.

For more information and reservations on Blue Jade, please call +971 4 318 6150 or email dine.dubai@ritzcarlton.com or visit www.bluejadedubai.com

RESTAURANTS - FINE DINING

BEST ASIAN RESTAURANT

FINALISTS

- * **Hakkasan** - UAE
- * **Mango Tree** - Souk Al Bahar
- * **Pai Thai** - Al Qasr Hotel, Madinat Jumeirah
- * **Zuma** - DIFC



WINNER HAKKASAN UAE

☺ We worked very hard to get this award and our team truly deserves it. The other nominees are spectacular and tough to compete with, but we did it! Watch out for lots of exciting happenings from the brand. ☺ – Angus McGregor



BEST ITALIAN RESTAURANT

FINALISTS

- * **BiCE** - Hilton Dubai Jumeirah Resort
- * **Bussola** - Westin Dubai Mina Seyahi Resort & Marina
- * **Roberto's** - DIFC
- * **Rosso** - Amwaj Rotana



WINNER ROSSO AMWAJ ROTANA

☺ I feel like I'm going to have an anxiety attack or something – that's how excited I am! Absolutely can't believe it. ☺ – Paolo Bellamio



BEST MIDDLE EASTERN RESTAURANT

FINALISTS

- * **Al Nafoorah** - Jumeirah Emirates Towers
- * **Ewaan** - The Palace Downtown Dubai
- * **Marrakech** - Shangri-la Hotel Dubai
- * **Ottomans** - Grosvenor House Dubai



WINNER AL NAFOORAH JUMEIRAH EMIRATES TOWERS

☺ Al Nafoorah is the soul of Lebanon and heart of Dubai. We are the pioneers in the market and have been for the last 14 years, so it's great to win this. ☺ – Stacey Mcmurtrie



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RESTAURANTS - FINE DINING

BEST SEAFOOD RESTAURANT

FINALISTS

- * **Bice Mare** - UAE
- * **Finz** - Beach Rotana Abu Dhabi
- * **Pierchic** - Madinat Jumeirah
- * **Seafood Market** - Le Méridien Dubai



WINNER BICE MARE UAE



“I wasn’t surprised to win this at all! All our seafood is absolutely fresh and delicious, and comes straight from the biggest commercial port in Italy, so it’s fantastic and only natural that we won it!”

– Maurizio Piras

BEST BRUNCH

FINALISTS

- * **Bubbalicious** - Westin Dubai Mina Seyahi Resort & Marina
- * **The Friday Brunch at Spectrum on One** - Fairmont Dubai
- * **Jazz & Bubbles Brunch at The Talk Restaurant & Lounge** - Mövenpick Hotel Jumeirah Beach
- * **The Friday Brunch at Al Qasr** - Madinat Jumeirah



WINNER THE FRIDAY BRUNCH AT SPECTRUM ON ONE FAIRMONT DUBAI

“Our brunch has been running for ten years now – it’s definitely an accomplishment! We have been very consistent in offering our customers exactly what they want.”

– Sunny Makhni



RESTAURANT OF THE YEAR, DOHA

FINALISTS

- * **Market by Jean-Georges** - W Doha Hotel & Residences
- * **Gordon Ramsay** - The St. Regis Doha
- * **Hakkasan** - The St. Regis Doha
- * **Saffron Lounge by Vineet** - Katara



WINNER MARKET BY JEAN-GEORGES W DOHA HOTEL & RESIDENCES

“There’s tough competition in Doha, but the market is great and up and coming. We want to make sure we win this award every year.”

– Arun Narayanan



TOP CHEF

A look back at the scintillating Chef of the Year Mystery Box cook-off held ahead of our awards night, an introduction to the finalist chefs and the winning recipes.



MEET THE FINALIST CHEFS



* **Amrish Sood, Speciality Chef at RangMahal by Atul Kochhar, JW Marriott Marquis Dubai**

Chef Amrish's career began in India as a kitchen trainee in 2001, after which he worked in Delhi and Abu Dhabi, before gaining hands-on experience from celebrity chef Atul Kochhar at Benares to open Atul's first restaurant in Dubai.



* **Izu Ani, Head Chef at La Serre Bistro & Boulangerie Dubai**

The Nigerian-born chef grew up in London, and began his culinary career at Michelin-starred restaurant, The Square, in London, after which he worked in France and Spain before moving back to London. Izu moved to Dubai to work at La Petite Maison and In 2012, Izu left to set up his dream restaurant, La Serre Bistro and Boulangerie.



* **Jamie Robertson, Head Chef at Gaucho, Dubai**

Jamie's career began in 2003 when he started working in Edinburgh, and soon he was working his way up through the ranks to assume Head chef position at a restaurant in Liverpool, which he revamped to make it award-winning. He then moved on to work on Jamie Oliver's Dubai restaurant, before moving here in 2012 to launch Gaucho Dubai.



* **Roberto Segura Gonzales, Head Chef at The Act Dubai**

The Peruvian chef's love for his native cuisine began at a very young age. Roberto worked at La Rosa Nautica, Peru's best traditional restaurant, before going on to work with celebrity chefs such as Christian Bravo, and Richard Sandoval – whom he worked with for the opening of Toro Toro. He moved on to open The Act Dubai in 2013.



WHAT THEY COOKED WITH:



MYSTERY BOX INGREDIENTS

Beef Oyster Blade/Flat iron
Gilt head bream
Tarragon
Dried lime
Sweet potatoes
Quail eggs
Goat's cheese
Dates
White chocolate
Snow peas
Barley

THE WINNER



TRY THE WINNING RECIPES

Kerala breakfast (Beef chilly fry, barley pulao, tawa paratha, masala goat cheese spread, boiled quail egg, crushed pepper)

SERVES 4 | PREP 15MINS | COOK 20MINS

FOR THE BEEF CHILLI FRY

75ml cooking oil
2 tsp mustard seeds
2 dry red chillies
150g onions, chopped
15g garlic, chopped
5g curry leaves
1 tsp chilli powder
400g beef fillet, sliced
1 tbsp coriander powder
250g tomatoes, chopped
½ tsp fennel seeds, crushed
3 tbsp coriander leaves, chopped
Juice of 1 lemon, plus 1 wedge of lemon for garnish

Salt, to taste

4 quail eggs

FOR THE BARLEY PULAO

100g barley
300ml water
30ml vegetable oil
½ tsp cumin seeds
75g onions, sliced
30g unsalted butter
Salt, to taste

FOR THE TAWA PARATHA

250g refined flour
Salt, to taste

50g unsalted butter

5g pepper, crushed

FOR THE MASALA GOAT CHEESE SPREAD

75g goat cheese
15g coriander stems, chopped
5g ginger, chopped
½ tsp crushed cumin seeds, toasted

- 1 Heat vegetable oil in a pan, add mustard seeds and red chillies, followed by onions, garlic and curry leaves. Allow the masala to cook, till golden brown. Add chilli powder, sliced beef, and coriander powder. Sprinkle little water to the mixture if required, and let the beef cook on a slow flame for 5 mins. Add chopped tomatoes and continue cooking with the lid on. Add salt in between to season. Once the masala is cooked and semi dry in texture, add crushed fennel seeds and coriander leaves. Adjust seasoning with salt and lemon juice.
- 2 Boil the water in a saucepan and add the quail eggs for 4-5 mins. Transfer the eggs to cold water and carefully peel them. Cut into quarters and season.
- 3 Soak the barley in warm water for 20 mins

and strain – keep the water aside. Boil the barley in the water used for soaking with some salt and cook till soft. Add a knob of butter and rest the barley pulao with the lid on for 10 mins.

4 Heat vegetable oil in a cooking pot and sauté cumin seeds and onions until translucent. Add the soaked barley and sweat it gently with the onions.

5 Transfer 200g refined flour to a mixing bowl. Add salt and knead with warm water to make a soft dough. Divide the dough in even size balls (50g each) and allow to rest for 10 mins.

6 Roll the dough to make circular discs and spread it with soft butter and crushed pepper. Fold the rolled sheet in a half moon shape, then into a triangle and roll again with rolling pin.

7 Cook the parathas on a flat nonstick pan till crisp and smear with butter before serving.

8 Soften the cheese with a rubber spatula. Add the coriander stem, ginger and crushed cumin seeds to the cheese to make a creamy spread.

9 Place the beef chilli fry on a bed of barley pulao, with the paratha, goat cheese spread and seasoned quail eggs, and the lemon wedge on the side.





Indian coastal flavours (pan seared gilt head bream with moilley sauce, curry leaf tempered potatoes, pureed squash and butter poached snow peas)

SERVES 4 | PREP 15MINS | COOK 20MINS

FOR THE PAN SEARED HEAD BREAM

4 gilt head bream fillets (around 800g)

50ml vegetable oil

75g butter

100g lemon

FOR THE CURRY LEAF TEMPERED POTATOES

300g potatoes

50ml cooking oil

3g mustard seeds

8 curry leaves

100g onions

Salt, to taste

15g coriander, freshly chopped

50g butter, unsalted

FOR THE MOILEEY SAUCE

50ml cooking oil

5g mustard seeds

150g onions

6-8 curry leaves

250g tomatoes

20g ginger, julienne

300g coconut milk powder (dissolved in 300ml warm water)

FOR THE PUREED SQUASH

150g squash, diced

100ml water

50g butter, unsalted

2g nutmeg, grated

Salt, to taste

2 tsp lemon juice

FOR THE BUTTER POACHED SNOW PEAS

30g butter

Salt, to taste

200g snow peas, stringed and shredded

10ml lemon juice

¼ tsp pepper, crushed

1 Heat oil in a pan and cook the fish on a medium flame. Turn the fish, add butter and squeeze half a wedge of lemon on it. Allow the fish to cook for another 2-3 mins.

2 Boil the potatoes, peel and crush roughly with a spatula.

3 Heat oil in a pan, add mustard seeds

and allow them to splutter, then add the curry leaves. Add sliced onions and salt, cook the onion till translucent. Then add the crushed potatoes and mix gently. Finish with coriander leaves.

4 Heat oil and crackle the mustard seeds. Add sliced onions, sauté till translucent, then add the curry leaves. Add sliced tomatoes and ginger and sauté for 5 mins. Add coconut milk and water. Bring to a boil, then simmer for about 5 mins, until it reaches a sauce consistency. Adjust the seasoning with salt and lemon juice.

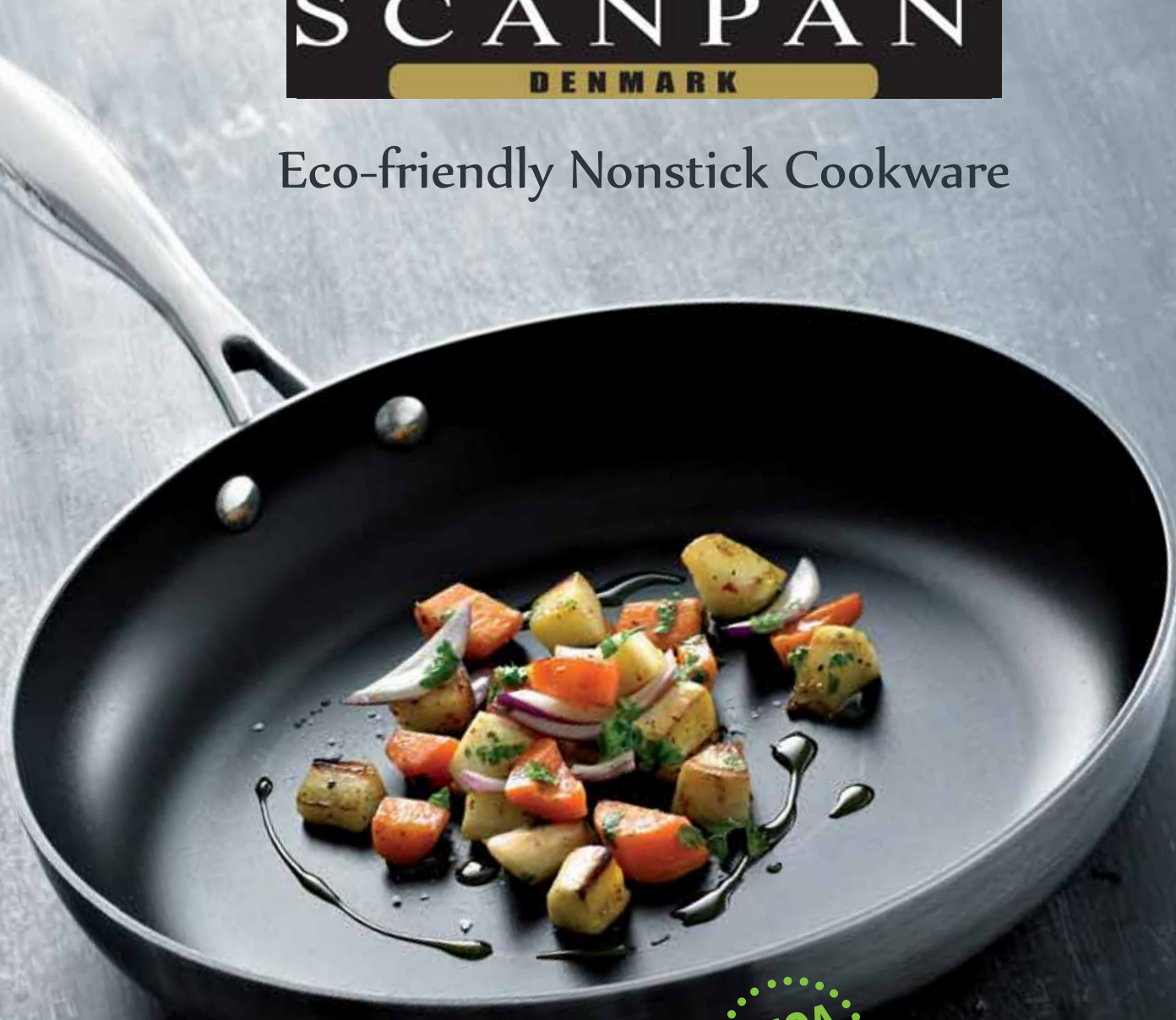
5 Cook diced squash and water on medium flame for about 10 mins until it becomes soft. Add butter and then blend to make a fine puree. Add grated nutmeg and adjust the seasoning with salt and lemon juice.

6 Mix together 200ml water, butter, salt and lemon juice. Poach the shredded snow peas in this mixture for 4-5 mins. Strain and sprinkle crushed pepper on top.

7 Place the tempered potatoes on a plate with the fish on top. Pour the moilley sauce over it and serve with the squash puree and buttered poached snow peas.

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Rang Mahal
by Atul Kochhar

Thank you for voting for
Chef of The Year Amrish Sood.

Chef Amrish Sood was awarded the prestigious title of
Chef of the Year 2013 by BBC Good Food Middle East,
for his outstanding creative cuisine in JW Marriott Marquis Dubai's
signature restaurant Rang Mahal by Atul Kochhar.

Rang Mahal fuses a touch of tradition with contemporary flair;
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Hyderabadi inspired Double Ka Meetha (oven baked bread, Vanilla milk, caramelised, white chocolate sauce, sweet potato jam, date chutney and lime sugar)

SERVES 4 | PREP 10MINS
| COOK 20MINS

FOR THE OVEN BAKED BREAD

100g refined flour
100g sugar
½ tsp baking powder
100ml clarified butter
100g pasteurised eggs
5g fennel seeds

FOR THE VANILLA MILK

200ml full cream milk
100ml cream
75g sugar

½ a vanilla pod

100ml clarified butter

FOR THE SWEET POTATO JAM

100g sweet potatoes
300ml water, for boiling
50ml clarified butter
50g sugar
Salt, to taste

30ml lemon juice

30ml fresh ginger juice

FOR THE DATE CHUTNEY

50ml vegetable oil
1 tsp coriander powder
½ tsp chilli powder
50g sugar
50ml white vinegar
75g dates, de-seeded

FOR THE WHITE CHOCOLATE SAUCE

100g white chocolate
100ml cream
50ml clarified butter
¼ vanilla bean
¼ tsp salt

FOR THE DRIED LEMON SUGAR

2 dried lemons
50g caster sugar

1 Whisk together the refined flour, sugar, baking powder, fennel seeds, clarified butter and pasteurised eggs to make a dough. Set aside to rest for 15 mins.

2 Boil the milk, add cream, sugar and the vanilla seeds. Mix and set aside.

3 Add butter paper to a small baking tray or mould and transfer dough into it. Bake in a pre-heated oven at 170C for 20 mins. Set aside to rest, and then refrigerate.



4 Remove the bread from the refrigerator after 15 mins and slice to even size slices of 9x3x3cms. Soak the slices in the warm vanilla milk for 10 mins and turn every few mins. Set aside on a tray.

5 In a separate non-stick pan, heat the clarified butter on a medium flame and gently toast the slices until golden brown on both sides.

6 Transfer the slices onto a kitchen towel and then to a baking tray. Sprinkle icing sugar on top and torch, to let the sugar caramelize and become golden brown. Or, you can wrap the slice in a butter paper, exposing the top surface and bake in a preheated oven at 180C for 3mins to caramelize.

7 Peel and cut the sweet potatoes into 1 cm dices, boil in the water. Continue cooking till the time potatoes are soft in texture. Mash the potatoes in the same pan incorporating with leftover water in pan (there's no need to strain them) and cook until it thickens. Add clarified

butter, sugar, salt, lemon juice and ginger juice to the sweet potatoes. Mix gently and continue cooking till it is smooth in texture.

8 Heat vegetable oil in a pan and add coriander and chilli powder, followed by water, sugar and vinegar. Allow the mixture to come to a boil and add deseeded dates. Cook on slow flame, till the dates are completely mashed with a coarse texture. Add sugar, salt and vinegar if required. Cool the chutney before serving.

9 Melt the chocolate in a double bottom bain marie and then add the cream along with clarified butter, vanilla extract and salt. Mix gently with a rubber spatula.

10 Crush the dried lemons and deseed them. Add sugar to the deseeded lemons and blitz to make a fine powder.

11 Place the caramelised bread on a plate, drizzle white chocolate sauce on top. Serve with sweet potato jam, date chutney and dried lemon sugar.

🌟 My award is dedicated to my mother, wife and children. I spend all my time in the kitchen, but they are still so considerate and shower me with love. I'm very happy and would like to Thank BBC Good Food ME for giving me this award! 🌟 - Amrish Sood



Signature Thai Dish of the month

Ped Sam Rod Kapraow Krob

This month, Nut Kunlert, Thai Brand Chef at *Lemongrass Thai Restaurant* is pleased to present his latest sizzling signature dish, Ped Sam Rod, a wok-fried duck in spicy sweet and sour sauce topped with crispy basil.

Yet the duck is having a renaissance in Thai restaurants, this unique breed of meat offers an endless and unique range of flavors and textures and a compelling alternative to everyday chicken. "Outstanding" is how Chef Nut describes this shaved-meat dish.

"Thai food is famous for their wonderful combination of many tastes. It's amazing how these distinctive flavours are able to blend. This duck dish is no exception especially for those who want something savory spicy but at a lesser intensity".



Vibrant Thai Cuisine
www.lemongrassrestaurants.com



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RESTAURANTS - CASUAL DINING



BEST INTERNATIONAL RESTAURANT

FINALISTS

- * **Claw BBQ Crabshack & Grill** - Souk Al Bahar
- * **Jamie's Italian** - Dubai Festival City
- * **Lafayette Gourmet** - The Dubai Mall
- * **The Cheesecake Factory** - Dubai

WINNER

JAMIE'S ITALIAN DUBAI FESTIVAL CITY

☺ We are all absolutely overwhelmed! It's such a privilege to win this award and we know that Jamie Oliver will be very proud! ☺

– Lisa Wetton



BEST INDIAN RESTAURANT

FINALISTS

- * **Barbecue Delights**, JBR & Emaar Boulevard
- * **Claypot**, Citymax Hotel Bur Dubai
- * **Gazebo**, Dubai
- * **Zafran**, UAE

WINNER

BARBECUE DELIGHTS DUBAI

☺ We are really proud at the moment, of having come so far and winning the BBC Good Food ME Award. We provide a variety of cuisine and in that perspective we feel proud to say that no one can compete with us. ☺ – Samar Ahmed



RESTAURANTS - CASUAL DINING

BEST ASIAN RESTAURANT

FINALISTS

- * **Chimes Restaurant** - Al Barsha
- * **Lemongrass** - UAE
- * **Noodle House** - Jumeirah Emirates Towers
- * **PF Chang's** - Dubai

WINNER

PF CHANG'S
DUBAI



☺ *Winning this award is dynamite! We kind of knew we would get it because we offer great value and service at all our outlets.* ☺ – Elizabeth Michaels

BEST MIDDLE EASTERN RESTAURANT

FINALISTS

- * **Al Hallab** - Dubai
- * **Arz Lebanon** - UAE
- * **Reem Al Bawadi** - Dubai
- * **Zaatar W Zeit** - UAE

WINNER

ZAATAR W ZEIT



☺ *To win an award such as this is great because we feel like leaders of the category. Super excited at the moment.* ☺ – Mahmoud Harb



BEST CAFÉ

FINALISTS

- * **Café Bateel** - UAE
- * **Jones the Grocer** - UAE
- * **Paul Bakery & Café** - UAE
- * **THE One Khalidiya Theatre & Restaurant** - Abu Dhabi

WINNER

CAFÉ BATEEL
UAE



☺ *This is a great success! We weren't sure what to expect because there was such tough competition. I believe we won mainly because our food is great and we treat our customers well.* ☺ – Vivek Sharma



Proud winner of this year's Best Café Award.
We thank our clients for their continued support and loyalty.

Café
Bateel
مبتيل

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Marina Promenade | Marina Walk | Mirdiff City Center | Park Place | Towncentre, Jumeirah | Sowwah Square, Galleria



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HOME COOKING - INGREDIENTS

FAVOURITE TEA BRAND

FINALISTS

* Brooke Bond * Dilmah * Lipton
* Tetley * Twinings

WINNER

LIPTON

FAVOURITE DAIRY BRAND

FINALISTS

* Al Ain * Al Marai * Al Rawabi
* Elle & Vire * Lurpak

WINNER

AL MARAI

FAVOURITE OLIVE OIL BRAND

FINALISTS

* Bertolli * Borges * Figaro
* Rafael Salgado
* Rahma

WINNER

BERTOLLI

FAVOURITE COFFEE BRAND

FINALISTS

* Coffee Planet * Continental
* Nescafé * Nespresso
* Starbucks

WINNER

NESCAFÉ

FAVOURITE JUICE BRAND

FINALISTS

* Barakat * Ceres * Del Monte
* Florida's Natural * Lacnor

WINNER

BARAKAT

FAVOURITE STORE CUPBOARD BRAND

FINALISTS

* California Garden
* Heinz * Knorr
* Nestlé * Sacla

WINNER

NESTLÉ

FAVOURITE SUPERMARKET

FINALISTS

* Carrefour * Géant Hypermarket * Lulu Hypermarket
* Spinneys * Waitrose

WINNER

SPINNEYS

FAVOURITE SPECIALTY FOOD STORE

FINALISTS

* Down to Earth Organic * Market & Platters * Ripe
Market * Marks & Spencer * Chez Charles

WINNER

RIPE MARKET



The Favourite Tea brand award went to Lipton



The Kenwood team was delighted with their win



Ripe was a repeat winner this year

HOME COOKING - ACCESSORIES

FAVOURITE LARGE KITCHEN APPLIANCE BRAND

FINALISTS

* Bosch * LG * Miele
* Samsung * Teka

WINNER

SAMSUNG

FAVOURITE SMALL KITCHEN APPLIANCE BRAND

FINALISTS

* Braun * Cuisinart * Kenwood
* Kitchen Aid * Philips

WINNER

KENWOOD

FAVOURITE TABLEWARE STORE

FINALISTS

* Crate and Barrel * Home Centre
* Jashanmal * Lakeland * Tavola

WINNER

CRATE AND BARREL

SNAPSHOTS

HERE ARE SOME VIGNETTES FROM THE EVENING

35mm FILM

Guests enjoyed interacting with chefs

Tasting stations laid out a lavish spread

Applause all round for the winners

It was a night of networking and revelry both

Gary Rhodes was the special VIP Guest

Editor Sudeshna set the tone for the evening

Emcee Ben Jacob kept the night running smoothly

Judges were given a token of appreciation

The lovely back up singers of the band

CPI Media Group chairman Dominic de Sousa is a rockstar too!

Dominic entertained the audience...

...Many of whom hit the dance floor as the evening progressed

The party continued on after the awards were handed out

Guests enjoyed a three-course dinner

Editor Sudeshna hands over the Restaurant of the Year award

Everyone enjoyed the evening

CPI Media Group COO Gina O'hara mingled with guests

The team let their hair down too!

The Oscars-themed photo booth proved a hit



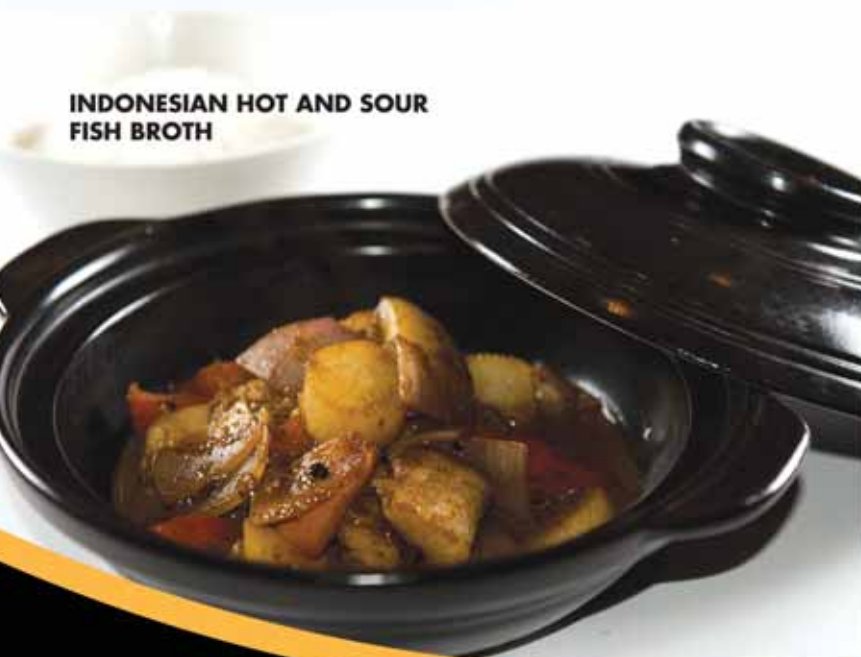
**ASIAN GLASS
NOODLE ROLLS**



**WOK FRIED CHILLI PRAWNS
WITH CALAMARI**



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IN THIS SECTION



* Simple, speedy suppers, P50



* Cook-out recipes for your next camping trip, P74



* Treat mum to an elegant afternoon tea made at home, P80

Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining



Baked cod with a chorizo crumb & lemon aioli, recipe p72

Make it tonight

Simple suppers for busy weeknights, whether you're eating as a family, or just cooking for one or two.

Photographs ROB STREETER

Thai pesto prawn noodles

SERVES 4-5 • PREP 10 MINS

• COOK 10 MINS **Easy** **Low cal**

300g dried egg noodles

Small pack of basil

Small pack of coriander

75g peanuts

1 red chilli, deseeded and chopped

Zest and juice of 1 lime, plus wedges to serve

2 tbsp sesame oil

2 tbsp olive oil

400g king prawns, halved lengthways

1 Put the noodles in a large bowl, then pour over enough boiling water to cover. Set aside and wait for the noodles to reach an al dente texture.

Meanwhile, put the basil, coriander, peanuts, chilli, lime zest and juice, sesame oil, 1 tbsp of olive oil, 2 tbsp of water and a pinch of salt in a food processor and whizz into a pesto.

2 Heat the remaining oil in a large non-stick pan and quickly stir-fry

the prawns for 3-4 mins, then stir in the pesto. Drain and add the noodles, season with black pepper and mix well, so that the noodles are completely coated in the pesto – if it looks a little dry, add a splash of hot water. Spoon into bowls, squeeze over extra lime juice and sprinkle over more coriander, if you like.

PER SERVING (5) 418 kcals, protein 24g, carbs 40g, fat 18g, sat fat 3g, fibre 2g, sugar 2g, salt 1.1g

Satisfying supper ready in a flash



Tex-Mex sausage plait

SERVES 6 • PREP 15 MINS

• COOK 40 MINS **Easy**

450g beef or chicken sausagemeat
1 heaped tbsp chipotle paste
1 green chilli, finely chopped
4 spring onions, roughly chopped
Handful of coriander, chopped
Finely grated zest and juice of 1 lime
400g can kidney beans, drained and rinsed
375g pack ready-rolled puff pastry
1 egg, beaten
Pinch of dried oregano (optional)
Ketchup and green salad, to serve (optional)

1 Heat oven to 200C/180C fan and pop a baking sheet inside to warm. Mix together the sausagemeat with the chipotle paste, chilli, onions, coriander, lime zest and juice and a little seasoning, before squashing in the kidney beans.

2 Unroll the pastry onto a sheet of baking parchment, longest side towards you, and spread the sausage mixture down the centre of the pastry – it should make a rounded mound about 10cm wide.

3 Measure 1cm out from the filling, then cut the sides of the pastry on a slight diagonal into 1.5cm thick strips. Lift these up and over the sausage filling so that they meet on top. Use the last pieces to wrap up the ends. Brush with the egg and sprinkle on the oregano, if using.

4 Using the baking parchment, carefully lift the sausage plait onto the hot baking sheet and bake for 40 mins until golden and cooked through. Serve with ketchup and a green salad, if you like.

PER SERVING 521 kcals, protein 17g, carbs 36g, fat 35g, sat fat 14g, fibre 4g, sugar 5g, salt 2.6g

20-minute Fiorentina pizzas

SERVES 2 EASILY HALVED

• PREP 10 MINS • COOK 10 MINS

Easy **Calcium** **Folate** **1 of 5-a-day** **P**

250g bag spinach

2 large pieces of Arabic bread (you can also use ready-made pizza bases instead – tortillas are too thin for this topping and end up soggy)

Pinch of nutmeg

2 eggs

50g Gruyère, grated

4 slices prosciutto or turkey ham, torn

1 Heat oven to 200C/180C fan. Place the spinach in a colander and pour over boiling water to wilt. Leave to cool a little, then squeeze out any excess water as best you can.

2 Place the breads on a baking sheet. Arrange the spinach over the top, leaving space in the middle, and season each with nutmeg and a little salt. Break an egg into centre of each flatbread, then scatter over the cheese and a grinding of pepper. Bake in the oven for 10 mins. Add the torn prosciutto just before serving.

PER PIZZA 439 kcals, protein 28g, carbs 41g, fat 18g, sat fat 8g, fibre 6g, sugar 3g, salt 2.9g >>

A lighter way
to enjoy pizza





Get 4 of your
5-a-day in
one hit!

Mushroom fajitas with avocado hummous

SERVES 2 ● PREP 15 MINS

● COOK 20 MINS **Easy**

Folate **Fibre** **Vit C** **Good for you** **4 of 5-a-day**

**1 large avocado, stoned, peeled and
chopped**

**400g can chickpeas, drained and
rinsed**

1 garlic clove, crushed

Zest and juice of 1 lemon

2 tomatoes, deseeded and diced

1 red onion, cut into thick rounds

2 large flat mushrooms, thickly sliced

2 tbsp olive oil

2 tsp fajita spice mix

4 tortillas

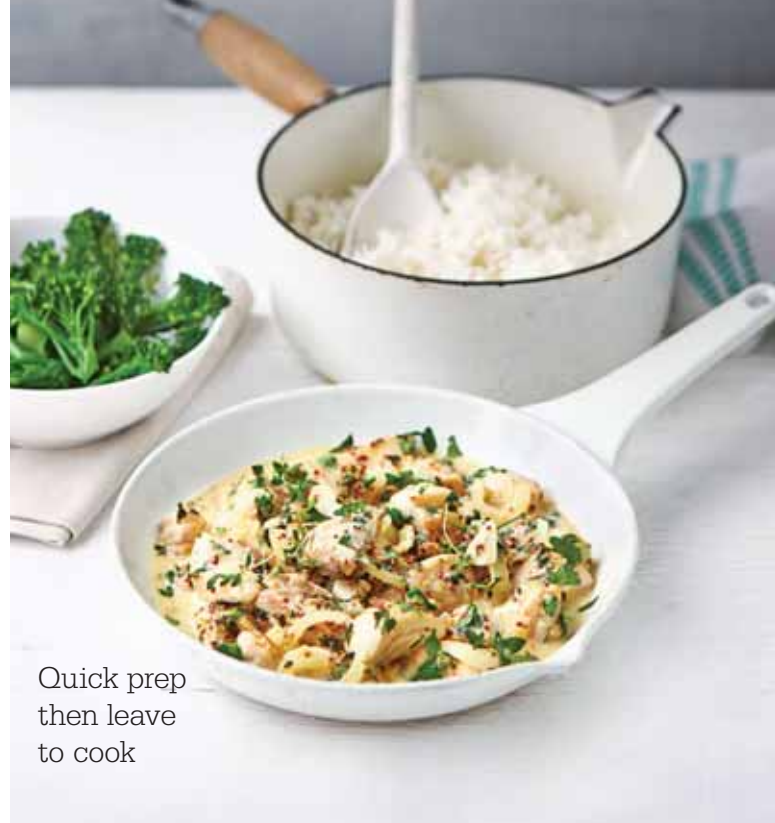
**Shredded Little Gem lettuce and
Tabasco sauce, to serve (optional)**

1 Put the avocado, chickpeas, garlic, lemon zest and juice in a food processor and whizz together until it forms a chunky consistency. Spoon into a bowl, season and stir in the tomatoes.

2 Drizzle the onion and mushroom with the oil and sprinkle over the fajita seasoning. Heat a griddle pan over a high heat and cook the onion for 2 mins on each side, then remove from the pan and keep warm. Cook the mushrooms for 2 mins on each side or until softened and turning golden in places.

3 Spread some avocado hummous down the middle of each wrap and top with the mushrooms and onions. Add shredded lettuce and a dash of Tabasco, if you like, and wrap up.

PER FAJITA 824 kcs, protein 23g, carbs 104g, fat 36g, sat fat 6g, fibre 14g, sugar 11g, salt 2.3g



Quick prep
then leave
to cook

Cider, mustard & herb chicken

SERVES 4-5 ● PREP 5 MINS

● COOK 35 MINS **Easy**

1 tbsp olive oil

**750g skinless and boneless chicken
thighs, cut into large chunks**

2 onions, thickly sliced

2 garlic cloves, thinly sliced

400ml medium dry cider

175g half-fat crème fraîche

2 tbsp wholegrain mustard

Handful of parsley, chopped

About ½ tbsp picked thyme leaves

**Cooked rice and Tenderstem
broccoli, to serve**

1 Heat the oil in a large lidded non-stick pan (we used a wide, high-sided frying pan) and cook the chicken for 3-4 mins on each side until browned. Remove with a slotted spoon, then add the onions to the pan. Cook for 3 mins, then stir in the garlic and cook for 1 min more. Pour in the cider and bring to the boil. Return the chicken to the pan, cover with a lid and simmer for 10 mins.

2 After 10 mins, remove the lid and stir in the crème fraîche, mustard and herbs. Bubble for another 5 mins, then season. Serve with rice and Tenderstem broccoli.

PER SERVING (5) 298 kcs, protein 34g, carbs 8g, fat 12g, sat fat 5g, fibre 2g, sugar 6g, salt 0.6g **EF**

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PÂTISSERIE TT RESTAURANT

Par Pierre Gagnaire



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5 ways with sausages

Keep your fridge stocked with this useful staple, and cook up a comforting meal with these clever recipes – whatever type of meat you prefer. Recipes MYLES WILLIAMSON Photograph DAVID MUNN

Sausage soup

SERVES 4 ● PREP 10 MINS ● COOK 40 MINS

Easy 1 of 5-a-day

Snip **6 sausages** into chunks. Brown in **1 tbsp olive oil** in a large saucepan. Add **2 chopped onions** and **3 sliced carrots** and cook until softened. Add **4 handfuls dried Puy lentils** and **850ml chicken stock**. Simmer for 25 mins until the lentils are tender and sausages cooked through. Season and serve.

PER SERVING 404 kcals, protein 21g, carbs 26g, fat 24g, sat fat 8g, fibre 6g, sugar 11g, salt 2.4g

Sausages with onion gravy

SERVES 4 ● PREP 10 MINS ● COOK 30 MINS

Easy

Fry **8 sausages** in **2 tbsp oil** in a frying pan until browned on all sides, then transfer to a plate. Add **1 sliced red onion** and **4 thyme sprigs** and cook for 10 mins until soft. Increase the heat, return the sausages to the pan and add **1 tbsp sugar** and a small glass of red wine. Boil quickly until you get a sticky syrup that coats the sausages. Season and serve with mash and greens.

PER SERVING 490 kcals, protein 14g, carbs 18g, fat 33g, sat fat 11g, fibre 1g, sugar 10g, salt 2.4g

Sausage & bean casserole

SERVES 4 ● PREP 10 MINS ● COOK 55 MINS

Easy 2 of 5-a-day

Brown **8 sausages** in **1 tbsp oil** in a large casserole dish. Remove sausages and discard excess fat. Add **2 chopped onions** to the pan and cook until soft. Turn up the heat, add **150ml white wine** and reduce by half, scraping the bottom. Add **400g can chopped tomatoes**, **1 rosemary sprig** and **500ml chicken stock**. Return the sausages to the pan and simmer for 30 mins. Add a **400g can cannellini** or **mixed beans**, drained and rinsed, and heat through. Serve with mash and mustard.

PER SERVING 503 kcals, protein 22g, carbs 28g, fat 31g, sat fat 11g, fibre 3g, sugar 11g, salt 3.1g

Sticky sausage baguettes

MAKES 8 ● PREP 5 MINS ● COOK 30 MINS Easy

Toss **8 sausages** in **1 tbsp oil** in a roasting tin and roast at 200C/180C fan for 20 mins until browned. Mix **3 tbsp soy sauce**, **3 tbsp honey** and **4 tsp wholegrain mustard**. Drain the fat from the sausages and pour over most of the soy mix, coating thoroughly. Return to the oven for 10 mins until sticky. Serve in **8 baguettes** with **salad leaves** and the remaining soy mix.

PER BAGUETTE 415 kcals, protein 14g, carbs 50g, fat 17g, sat fat 6, fibre 3g, sugar 11g, salt 3.6g

Apple & sage sausage rolls

MAKES 12 ● PREP 20 MINS ● COOK 25 MINS Easy

Heat oven to 220C/200C fan. Mix **400g sausagemeat** (from about 6 pork or beef sausages), **1 crushed garlic clove**, **2 tbsp fresh chopped sage** and **1 chopped apple** with seasoning. Roll out **500g puff pastry** on a floured surface to a rectangle around 30cm on the shortest side. Halve the pastry to make 2 long, thin sheets, dividing the sausage mixture down the centre of each strip. Brush pastry edges with beaten egg, then fold over the edges to cover the sausage and make 2 long rolls. Seal edges by pressing with a fork. Brush all over with more egg before cutting each roll into about 6 pieces. Cook for 25 mins or until golden and puffed.

PER ROLL 269 kcals, protein 7g, carbs 18g, fat 19g, sat fat 8g, fibre none, sugar 2g, salt 1.1g



Sticky sausage baguettes



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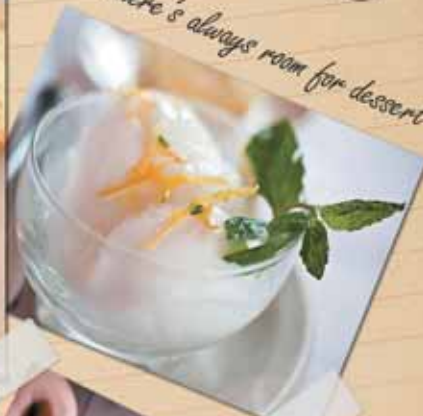
Italian Evening Brunch, Sundays 6pm-midnight



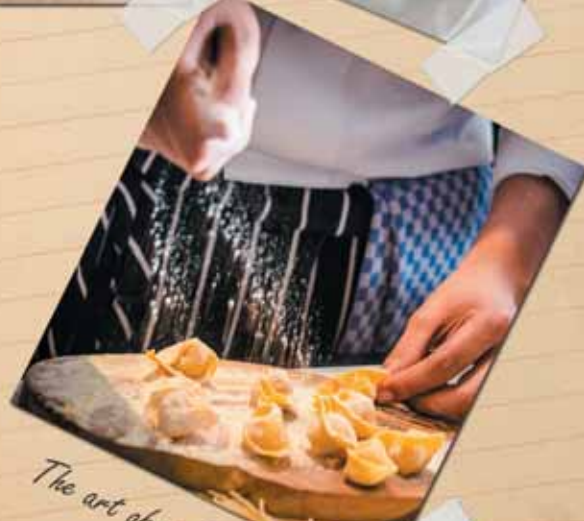
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There's always room for dessert



The art of making pasta

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Kitchen notes

Nutrition advice,
cooking tips and
product picks for
your pantry.

TRIED AND TESTED



Dinner's ready!

The concept of DinnerTime is simple – time-starved city dwellers who haven't got time to plan and shop for meals get a box of ingredients and recipes delivered to the door at the start of the week. But, is it really as smart a solution as it sounds? The short answer is yes! In our experience,

rather than the actually cooking, it's the thought of braving the crowded supermarket at the end of a long day that is more terrifying. So, on our trial week, the delivery man appeared with our menu and gluten-free grocery box for two on a Sunday and we got straight to work in the kitchen. The recipes are varied, catering to different tastes with dishes, and are planned in a way to utilise the ingredients smartly – so, for example, if you don't use all the beans in a fish recipe, the rest can be used for a stir-fry the next day. They are all also healthy, with a balance of carbs, protein and lots of veg, so clearly a lot of thought has gone into it. We found the quality of ingredients to be high – although we thought some of the pantry staples you are expected to supplement the supplied ingredients with, aren't necessarily what every kitchen would have. While it may not be viable as a permanent solution for everyone (it isn't cheap), it's certainly a useful option particularly when you have busy weeks lined up. Eating fresh, home-cooked food was never easier – now if we could only find someone to do the chopping for us!

Need to know: Prices start from Dhs300 for DinnerTime box for two (Dhs400 for gluten-free) with four meals included. Menus are sent over email each week, visit www.dinnertime.me to find out more.

Look what we found!

3 great new products for your kitchen



Sarabeth's Strawberry and rhubarb fruit spread will taste great with cottage cheese on rye bread toast. Dhs25 at Pantry café.

This Double chocolate raspberry jar-cake is perfect as a low-fat dessert. Dhs23 at Icons coffee couture, Souk Al Bahar.



Dress salads with this delicious Delicæ Gourmet fig balsamic glaze. Dhs65 at Maybury.



Reader tip of the month



To ripen a hard avocado quickly, place it in a paper bag with a ripe banana.

- Madeline Constable



Got a great tip you want to share?
Get in touch with us on facebook or twitter



SMART FOOD SWAPS



386
calories

200g potato casserole
with cheese



134
calories

4 spears of boiled
unsalted asparagus
with 85g grilled
shrimp

Swap for



96
calories

150g vegetable stir-fry



125
calories

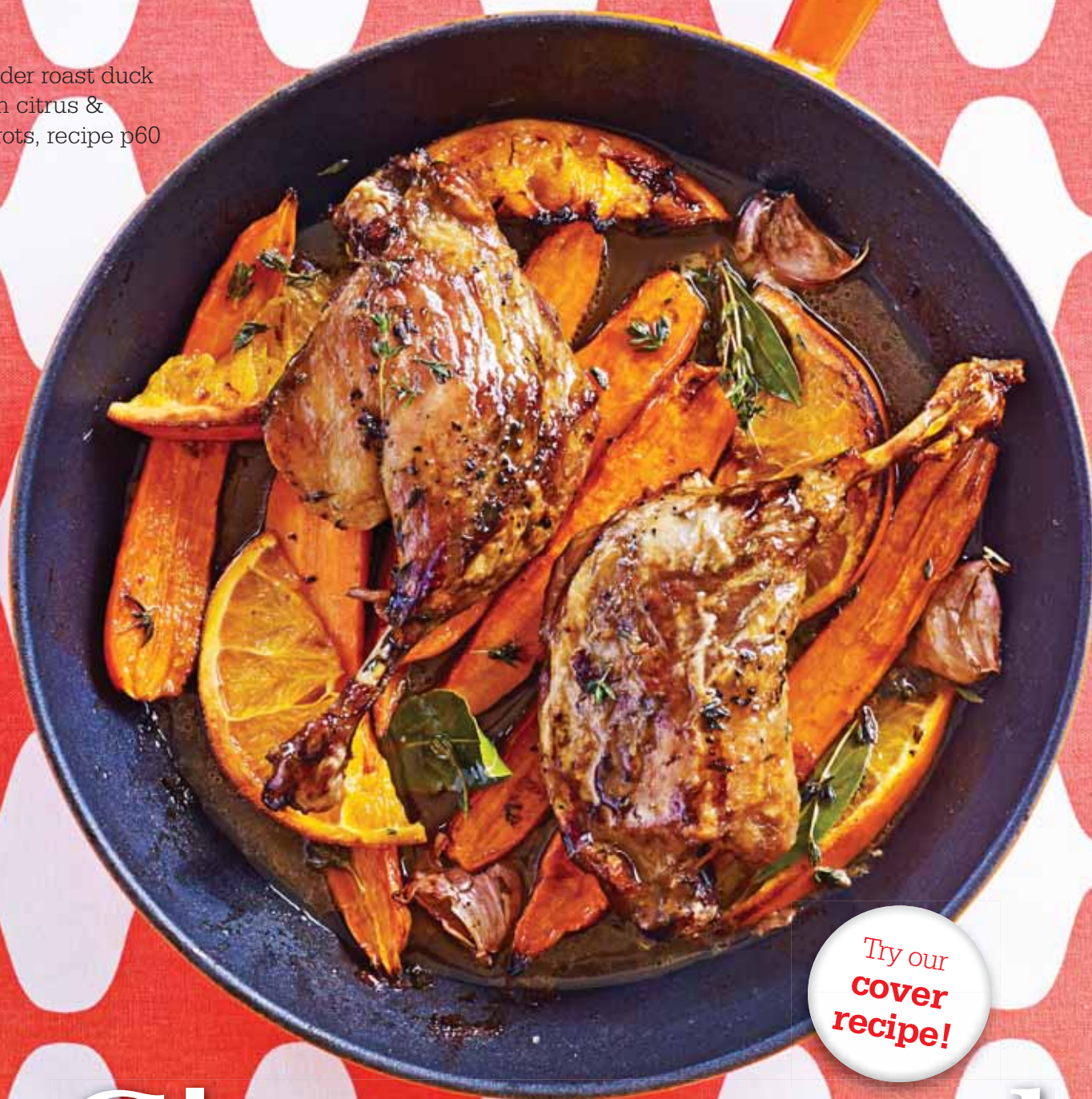
200g baked
salmon fillet with
lemon juice
dressing

Health update> FEMALE-FRIENDLY FOODS

With March 8 being Women's Day, make this the month you focus on what you should eat, to improve your health. Include these top three good-for-women's-health ingredients in your diet:

- **Broccoli:** This green vegetable is packed with powerful phytonutrients to help eliminate cancer-causing cells and toxins, while Indol-3-carbinol – a compound it contains – helps reduce the risk of breast and cervical cancer. It also contains a flavonoid, kaempferol, which protects against ovarian cancer.
- **Onions:** This bulbous vegetable is a great source of vitamin C, dietary fibre, manganese, folate and potassium, all of which help fight cold and flu, and protect against cancer, arthritis and osteoporosis.
- **Beans:** Loaded with proteins, iron, magnesium, folate and fibre, beans help protect against diabetes and heart disease, both conditions linked with menopause. They are also loaded with fibre, particularly pinto beans, (1 cup contains as much as 15g), which helps regulate digestion, as well as lower bad cholesterol levels.

Tender roast duck
with citrus &
carrots, recipe p60



Try our
**cover
recipe!**

Citrus appeal

Bring some sunshine to your kitchen with these new ideas for seasonal citrus fruit. Recipes JANE HORNBY
Photographs PETER CASSIDY

Food styling JANE HORNBY | Styling JENNY IGGLEDEN | Wine notes SARAH JANE EVANS MW

Clementine & honey couscous

SERVES 4 GENEROUSLY • PREP 10

MINS • COOK 10 MINS **Easy**  **Low fat****Folate** **Fibre** **Vit C** **1 of 5-a-day** **Good for you****100g pistachios or other nuts****300g couscous****¼ tsp ground cinnamon, plus more to serve****8 clementines (seedless are best)****1 tsp butter****2 tbsp runny honey, plus more to serve****1 tsp orange flower water (optional)****300g fresh or frozen raspberries****500g pot reduced-fat Greek-style yoghurt, to serve**

1 Heat the oven to 200C/180C fan. Spread the nuts over a baking sheet and toast for 5-8 mins until pale golden. Meanwhile, put the couscous and cinnamon into a large bowl. Finely grate the zest from 2 clementines, then squeeze their juice into a pan with the zest. Add the butter, honey and 200ml water and bring to the boil. Pour this over the couscous, cover with cling film, then leave to absorb for 10 mins.

2 Using a serrated knife, peel, then thinly slice the remaining clementines. Sprinkle with the orange flower water, if using. Roughly chop the nuts.

3 Fluff up the couscous with a fork, then mix in most of the nuts. Serve the couscous in bowls, topped with the clementines and raspberries. Eat with a spoonful of yoghurt, an extra sprinkle of cinnamon and squeeze of honey.

PER SERVING 333 kcals, protein 11g, carbs 50g, fat 9g, sat fat 2g, fibre 8g, sugar 16g, salt 0.1g >>





Tender roast duck with citrus & carrots

SERVES 2 ● PREP 10 MINS ● COOK 50 MINS **Easy**

2 shop-bought duck confit legs
300g slim carrots, halved lengthways (about 6)
4 garlic cloves, bashed in their skins
1 orange, half juiced, half cut into wedges
1 tsp vegetable oil
1 tbsp lemon juice
1 tbsp Sherry vinegar
1 tbsp golden caster sugar
4 tbsp good chicken stock (you'll only need this if your duck doesn't come with any surrounding jelly)
2 or 3 bay leaves
Few thyme sprigs
Mashed potatoes and watercress, to serve

1 Heat the oven to 200C/180C fan. Scrape away any excess fat from the duck (you could keep this for duck fat potatoes), but keep any jelly. Put the carrots, garlic and orange wedges into a large roasting tin, then toss with the oil and season well. Season the duck legs, then sit them on top of the veg, skin-side up. Roast for 40 mins until the carrots are tender and the duck is turning golden.

2 Stir the citrus juice, vinegar and sugar together until the sugar dissolves. Pour over the veg, add the jellified duck or chicken stock, then tuck in the bay and thyme here and there. Roast for another 10 mins until the carrots are surrounded with syrupy sauce and the duck is golden. Season the sauce to taste, then serve with mashed potatoes and watercress.

PER SERVING 663 kcs, protein 55g, carbs 29g, fat 37g, sat fat 10g, fibre 6g, sugar 24g, salt 1.1g



Prawn & pomelo salad

SERVES 2-3 ● PREP 15 MINS

● COOK 5 MINS **Easy**

FOR THE DRESSING

5 tbsp pomelo, grapefruit or lime juice
2 tbsp fish sauce
2 tbsp light muscovado sugar
2 tsp tamarind paste or HP sauce

FOR THE SALAD

1 just-ripe avocado
1 shallot, finely sliced
1 red bird's-eye chilli, finely shredded (deseeded if you don't like it too hot)
1 pomelo or a plump, white grapefruit
250g large cooked prawns or crayfish tails
1 Little Gem lettuce, torn into leaves (optional)
Small pack of fresh coriander, leaves only, torn

2 tbsp toasted salted peanuts, roughly chopped

1 Pull apart the pomelo (see right) or segment the grapefruit, retaining any juices for the salad. (Pomelos may be dry, which is why the recipe gives lime juice as an option.)

2 Put 4 tbsp juice into a small pan with the fish sauce, sugar and tamarind paste. Bring to a simmer for 2 mins, or until thick and syrupy, then leave to cool.


3 Halve, stone, then slice the avocado, and toss with the shallot, chilli and remaining juice. Mound into bowls with the pomelo flesh, prawns, lettuce and coriander. Spoon over the sticky dressing, then scatter with the chopped peanuts.

PER SERVING 395 kcs, protein 26g, carbs 21g, fat 23g, sat fat 5g, fibre 6g, sugar 18g, salt 2.8g

PREPARING POMELOS

Pomelos are about twice the size of grapefruit, but have a surprisingly thick layer of pith between the skin and the fruit. To prepare, score around the fruit with a serrated knife, then peel away the pith, digging right down to the fruit. Pull the fruit apart and peel away the membranes from the segments. You'll find they separate easily and the fruit is a little less juicy than a grapefruit.

Five-spice, soy & lemon roast chicken

SERVES 4 • PREP 10 MINS PLUS 30 MINS MARINATING • COOK 1 HR 40 MINS **Easy** 

Thumb-sized piece of ginger, thinly sliced

1 large chicken (about 1.8-2kg), untied

2 bunches of spring onions

1 head garlic, halved across the middle

1 lemon, halved, plus 4 wedges

1 tsp Chinese five-spice powder

1 tbsp vegetable or sunflower oil, to drizzle

1-2 tsp golden caster sugar

2 tbsp dark soy sauce

2 tbsp hoisin sauce

Fragrant rice and steamed greens or stir-fried vegetables, to serve

1 Put most of the sliced ginger into a large roasting tin, then sit the chicken on top. Stuff the chicken with remaining ginger, the green ends from one bunch of onions, half of the garlic and a lemon half. Mix the five-spice, 2 tsp oil and seasoning, then rub all over the chicken. Nestle the other half of the garlic nearby, and drizzle all with 1 tsp oil. Loosely re-tie the legs. Set aside at room temperature for half an hour or so.

2 Heat the oven to 190C/170C fan. Roast the chicken for 1 hr. Toss the lemon wedges and the spring onion ends into the pan juices, then roast for 30 mins more or until the meat is cooked at the thickest part of the thigh and the lemon wedges are sticky. Lift the chicken from the pan and set aside, uncovered, to rest.

3 Spoon away any excess fat from the pan, then put the pan onto a medium heat and bring to a simmer. Add 1 tsp sugar, the soy, hoisin, juice from the remaining half lemon and any resting juices. Simmer for a few mins until it thickens slightly, then check the seasoning and add more sugar if needed – don't add any extra salt as the soy and hoisin will add plenty. Serve with the chicken, rice and vegetables.

PER SERVING 516 kcs, protein 58g, carbs 7g, fat 29g, sat fat 8g, fibre 2g, sugar 5g, salt 2.1g >>



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Sussex puddle pudding

SERVES 4-6 • PREP 20 MINS

• COOK 40 MINS **Easy** **Vit C**

This twist on the classic steamed pud makes a sharp sauce at the bottom using sliced lemons. The sauce will sink to a hidden puddle, waiting to meet with a big spoon and a splash of cream.

6 juicy lemons, 3 of them zested
Double cream, to serve

FOR THE PUDDLE

85g unsalted butter, cubed
85g golden caster sugar, plus 50g, weighed separately

FOR THE TOPPING

140g self-raising flour
85g shredded suet
50g golden caster sugar,
plus 1 tsp to sprinkle (optional)
2 large eggs
½ tsp vanilla paste or extract
4 tbsp milk

1 Heat the oven to 180C/160C fan. Put half of the lemon zest into a medium, deep (about 2-litre) baking dish and half into a large mixing bowl. Using a

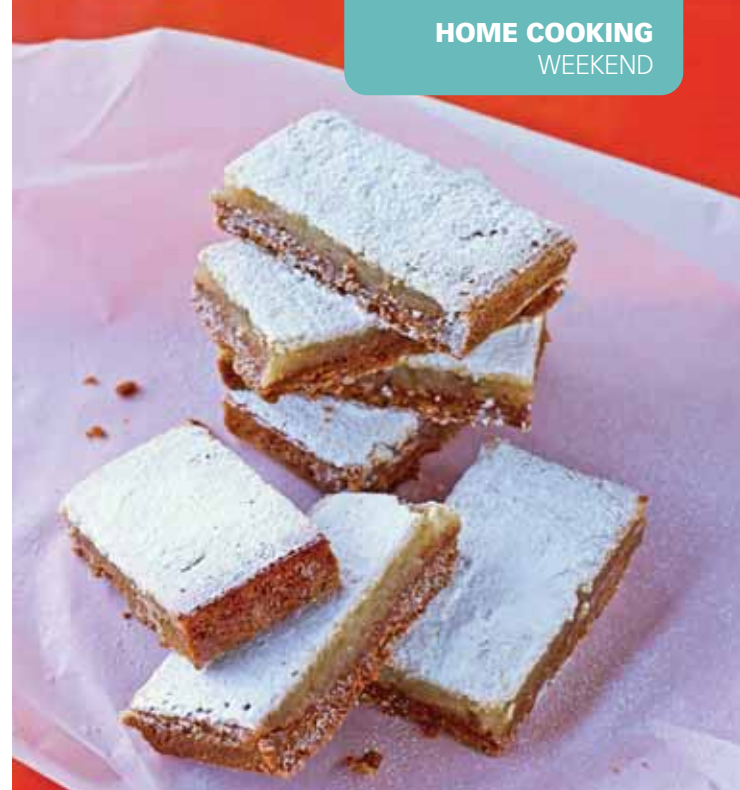
serrated knife, cut the peel and pith away from the zested fruit, then slice the flesh into thin rounds. Add to the baking dish, along with the cubed butter and 85g sugar.

2 Cut a few thin slices of skin-on lemon to decorate the pudding later, then squeeze the juice from the remaining lemons (you'll need about 150ml in total). Mix the juice with the 50g sugar, then set aside.

3 Add the flour, suet, sugar, a pinch of salt, eggs, vanilla and milk to the mixing bowl, then beat to make a smooth batter. Spoon this over the lemons, butter and sugar, then level the top. Scatter with the skin-on lemon slices.

4 Gently pour the lemon and sugar mixture over the top of the pudding (it will sink down as it cooks), then carefully put in the oven. Bake for 40 mins or until the sponge is risen, golden and the syrup is bubbling up around the edges. Scatter over 1 tsp sugar, if you like, then serve with a splash of cream to counter the zing of the sauce.

PER SERVING (6) 455 kcsals, protein 5g, carbs 51g, fat 26g, sat fat 15g, fibre 1g, sugar 33g, salt 0.5g



Lime & ginger bars

SERVES 12-14 BARS • PREP 10 MINS •

COOK 40 MINS **Easy**

FOR THE BASE

85g unsalted butter, melted,
plus a little extra for greasing
250g gingernut biscuits

FOR THE FILLING

25g plain flour
200g golden caster sugar
2 large eggs, plus 1 large egg yolk
Zest of 2 limes, juice of 4 (you will need 100ml juice)

1 Line a 18 x 23 cm roasting tin with foil, then lightly grease. Heat oven to 180C/160C fan and put a baking sheet in to heat up. Crush the biscuits until very fine.

2 Mix the crumbs and butter together well, then press into the bottom of tin, squashing down firmly. Slide tin onto the baking sheet and bake for 20 mins until very dark golden all over.

3 Meanwhile, make the filling. Stir the flour and sugar together, make a well in the middle, then work in the eggs and yolk until smooth. Mix in the lime zest and juice. Pour the filling onto the hot base, return to the oven and turn the heat down to 160C/140C fan. Bake for 20 mins or until set in the middle.

Cool on a wire rack, then cut into bars.

PER BAR (14) 200 kcsals, protein 2g, carbs 29g, fat 9g, sat fat 5g, fibre none, sugar 21g, salt 0.2g

Eat local

You can cook up a gourmet three-course meal using fresh, local produce. Don't believe us? Try these recipes from Eric Meloche, executive chef of The Ritz-Carlton, Dubai. Photographs ANAS CHERUR



Local flower crab salad with white radish, baby cucumber, lemon and chilli

SERVES 4 • PREP 45MINS

• COOK 8-10MINS **Easy**

FOR THE CRAB SALAD

4 local flower crabs, steamed and meat picked (available at the fish market)

2g tomatoes, diced

15g spring onions, chopped

15g crème fraîche

15g mayonnaise

Salt and pepper, to taste

FOR THE BABY CUCUMBER DRESSING

1 baby cucumber

10ml lemon juice

25ml grape seed oil

5g sugar

Salt and white pepper, to taste

FOR THE RADISH

1 large or 150g radish, peeled

30ml water

Juice of ½ lemon

4 red chillis, for garnish

20g baby cucumbers, diced

Zest and juice of ½ lemons

1 Season the crab meat and mix with all the ingredients.

2 Blend the cucumbers with the wine vinegar and sugar until smooth. Slowly add the oil to let the dressing thicken slightly. Season with salt and pepper.

3 Slice the radish into thin sheets with a knife or mandolin. Marinate with the water and lemon juice for 5 mins to let it soften.

4 Add a little crab salad to a sheet of radish. Fold to make a roll or cylinder shape.

5 Place the roll on a plate and spoon cucumber dressing all over. Garnish with chillis, cucumbers and lemon zest.



Newly appointed executive chef of The Ritz-Carlton, Dubai, Eric Meloche, began his career with the same hotel group in Amelia Island, Florida, back in 2003. From there, he moved back to his native country Canada, and then worked across The Ritz-Carlton properties in Jamaica, California, and Ireland (where he was in charge of Gordon Ramsay's restaurant). Eric moved to Dubai six months ago to head up all the outlets at The Ritz-Carlton, Dubai. Coming from a family of farmers, Eric's formula for good food relies on cooking with fresh, seasonal produce that is treated with respect and passion and here he shows us how to do just that.

Text and styling NICOLA MONTEATH; Shot on location at BLUE JADE RESTAURANT.

“For me, buying local means that the product has been picked closer to its peak ripeness and the flavour will be delicious and more intense.” — Eric Meloche

Pan fried local sea bream with confit of fennel, vine tomatoes and sautéed potatoes

SERVES 4 • PREP 1HR • COOK 2HRS

A little effort

20 small vine tomatoes,
blanched and peeled

4 tbsp olive oil

1 tbsp lemon juice

2 (170g each) red sea bream (Kofer),
scaled and filleted

Few basil leaves, for garnish

Zest of ½ a lemon

Pinch of rock salt, for garnish

FOR THE CONFIT

1 fennel bulb

Extra virgin olive oil

Peel from ½ a lemon

2 garlic cloves

FOR THE SPINACH PURÉE

250g spinach

Salt and pepper to taste

FOR THE CRISPY POTATOES

2 local potatoes

100g butter

4 sprigs thyme

1 Place the tomatoes in a lightly oiled pan and cook in the oven at 90C for 1 hr. In a small saucepan, heat the olive oil and sherry vinegar, remove from the heat and add the tomatoes to it.

2 Preheat oven to 90C again. Place all the confit ingredients items in a small pot with the olive oil and cook in the oven until tender – about 1½-2hrs. Once cooked, slice the fennel to 8 pcs.

3 Blanch the spinach in boiling, salted water, and then place in an ice water bath. Once chilled, remove spinach, squeeze to remove excess liquid and place in a blender. Blend spinach to

a smooth purée and adjust seasoning.

4 Cook the potatoes in their skin in salted water. When tender, drain and let dry. Peel and roughly crush with a fork. Sauté in butter until golden brown; add the thyme towards the end to infuse the flavour.

5 Place a pan on high heat, add the sea bream skin side down, reduce the heat to medium, and cook until the skin is

crispy – about 2 mins. Turn the fillets and continue cooking for another minute or so, until the fish is just cooked through.

6 Place the fish on a plate and arrange the fennel, crispy potatoes and vine tomatoes around it, along with a drizzle of the purée. Garnish with fresh basil, freshly grated lemon zest, and rock salt and serve. >>



Sticky Kholas date cake with cinnamon toffee sauce

SERVES 4 ● PREP 30MINS

● COOK 30MINS **A little effort**

125g Kholas dates, finely chopped
3g bicarbonate of soda
185ml boiling water
35g beef suet (fat trimmings)
or butter
60g dark muscovado sugar
60g light muscovado sugar
1 egg
165g self-raising flour
3g baking powder
Pinch of salt
Persian walnuts, grated
Vanilla ice cream, for serving (optional)
FOR THE TOFFEE SAUCE
120g butter
65g dark muscovado sugar
65g light muscovado sugar
125ml heavy cream
5g cinnamon powder
Pinch of salt

- 1 Preheat oven to 180C.
- 2 Place the chopped dates and bicarbonate of soda in a bowl, cover with the boiling water. Set aside.
- 3 In a separate bowl, combine the suet or butter with the light and dark muscovado sugar, then add the egg. Gently fold in the flour, baking powder and salt. Add the chopped dates and liquid to the mixture and stir to combine.
- 4 Fill 4 buttered moulds or ramekins about $\frac{3}{4}$ full with the date mixture, cover with foil, and bake for 25 mins. Test the cakes with a skewer – it should come out clean.
- 5 Combine butter and sugar in a saucepan and heat until melted. Add the cream, bring to a simmer and cook for 4-5 mins until thick. Add cinnamon and salt before taking off the heat.
- 6 Place the cake on a plate, garnish with walnut shavings and pour toffee sauce over the cake, and serve with vanilla ice cream, if using. [GF](#)

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Recipe BARNEY DESMAZERY Photographs MYLES NEW and PETER CASSIDY

- Quick to cook • Easy to carve and serve • Sure-fire crowd-pleaser

Equipment • Large chopping board •
Sharp cook's knife • Rolling pin

Barbecued Greek lamb with tzatziki

SERVES 6 • PREP 40 MINS PLUS MARINATING

• COOK 30-40 MINS **Easy**

4 garlic cloves

4 tbsp olive oil

Juice of 1 lemon

1 tbsp dried oregano

1 tbsp thyme leaves

2 bay leaves

1 leg of lamb, butterflied

Flatbreads, to serve

FOR THE TZATZIKI

½ cucumber, halved and deseeded

170g pot Greek yoghurt

1 small garlic clove, crushed

Handful of mint leaves, chopped

1 Mash the garlic to a paste with a pestle and mortar. Mix with the olive oil, lemon juice, oregano and thyme leaves, and season with a little salt and plenty of pepper. Place the lamb in a large porcelain dish. Pour the marinade over the lamb and massage into the meat. Leave the lamb for at least 1 hr at room temperature, or longer in the fridge, but no longer than overnight or the meat will become too soft.

2 To cook the lamb, fire up the barbecue, or heat the oven to 220C/200C fan. To cook on the barbecue, wait for the coals to turn ashen, then lay the lamb on the grill and cook for 15 mins on each side for meat that is pink, or 20 mins on each side for well done. To cook in the oven, place the lamb in a shallow roasting tin and roast for 30 mins for pink or 40 mins for well done, turning the lamb halfway through. Leave the meat to rest for 10 mins before carving.

3 Meanwhile, make the tzatziki. Coarsely grate the cucumber, sprinkle with a pinch of salt and squeeze out all the liquid. Tip into a bowl with the yoghurt, garlic and mint, and mix well. Carve the lamb into thick slices and serve with the tzatziki wrapped up in warmed up flatbreads.

PER SERVING 589 kcals, protein 50g, carbs 3g, fat 42g, sat fat 17g, fibre none, sugar 2g, salt 0.4g



1 Lay the leg of lamb on a large, sturdy chopping board with the meatier side facing down. Locate the central bone either end, then use a sharp knife to make an incision from one end to the other, until you hit the bone.



2 Use your knife to cut the meat away from the bone. Try to keep your knife as close to the bone as possible – use a scraping motion to avoid wasting too much meat.



3 Continue cutting underneath the bone and around the hip joint until you are able to lift it out of the meat. You can now open the leg to resemble a pair of butterfly wings.



4 Make slashes through the thicker parts of the meat to open the leg out further and give you an even thickness all over. This will allow the meat to cook evenly.



5 Remove any tendons, sinew or large pieces of fat from inside the meat.



6 Use a heavy rolling pin or mallet to bash the meat, to flatten it out slightly and give an even thickness throughout. The lamb can now be marinated or cooked straight away. **GF**



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Dinner party in an hour

This impressive menu features glamorous yet simple dishes using top-quality ingredients. With the cooking kept to a minimum, this would be ideal for a relaxed weekend gathering. Recipes EMILY KYDD
Photographs STUART OVENDEN

Fuss-free menu

To serve 6

- Mozzarella & orange salad with coriander seed dressing
- Green beans & spring onions with tarragon
- Baked cod with a chorizo crumb & lemon aioli
- Peach Melba pots

Mozzarella & orange salad with coriander seed dressing

SERVES 6 • PREP 10 MINS • COOK

2 MINS      

Mozzarella is the star of this salad, so it's worth splashing out on the best you can afford, for the creaminess and soft, delicate texture.

- 1 tbsp coriander seeds
- 3 oranges
- 3 tbsp extra virgin olive oil
- 2 tsp Sherry vinegar
- 3 x 125g balls buffalo mozzarella
- Handful of lamb's lettuce
- Handful of mint leaves
- Crusty bread (or gluten-free alternative), to serve (optional)

- 1 Toast the coriander seeds in a frying pan. Leave to cool a little, then roughly crush using a pestle and mortar.
 - 2 Grate the zest from ½ an orange, then segment all 3, reserving the juice. Mix the seeds with the oil, vinegar, 1½ tbsp orange juice and the zest, then season.
 - 3 Tear the mozzarella into large-ish pieces and arrange on a platter with the orange segments and lamb's lettuce. Drizzle over the dressing and scatter the mint leaves on top. Serve with crusty bread, if you like.
- PER SERVING 247 kcs, protein 13g, carbs 7g, fat 19g, sat fat 9g, fibre 2g, sugar 7g, salt 0.6g >>



Baked cod with a chorizo crumb & lemon aioli

SERVES 6 • PREP 5 MINS PLUS

CHILLING • COOK 20 MINS Easy 🌱 P

WITHOUT THE AIOLI

White fish and chorizo are a classic Spanish pairing. The spicy sausage adds a lovely rich smokiness to the meaty cod. Cooking the chorizo beforehand ensures that you get a crisp crust without overcooking the fish.

175g cooking chorizo, skin removed, cut into chunks
50g slightly stale breadcrumbs
25g blanched almonds, toasted and

roughly chopped

Zest of ½ lemon

1½ tbsp olive oil, plus extra for greasing

6 boneless, skinless sustainable cod fillets (about 175g each)

FOR THE AIOLI

6 tbsp good-quality mayonnaise

½ garlic clove, crushed

2 tsp lemon juice

1 Tip the chorizo into a frying pan and cook over a medium heat until it releases its oil and becomes crisp in places.

2 To make the aioli, stir all ingredients together with some seasoning, then chill.

3 Put the chorizo and its oil in a food processor and pulse until broken into small chunks. Add the breadcrumbs, almonds, lemon zest, seasoning and half the olive oil, then blitz to a crumb.

4 Heat oven to 200C/180C fan. Put the cod fillets on a lightly greased baking tray, then brush with the remaining oil. Heap the crumbs onto the fish and pat down so that the fillets are well covered. Let them firm up in the fridge for at least 20 mins.

5 When you're ready to cook, pop the fish in the oven for 10-15 mins, depending on the thickness of your fillets, until the flesh has turned opaque and the chorizo crumb is golden.

PER SERVING 409 kcals, protein 39g, carbs 8g, fat 25g, sat fat 5g, fibre 1g, sugar 1g, salt 1.0g

Green beans & spring onions with tarragon

SERVES 6 • PREP 5 MINS • COOK

8 MINS Easy 🌱 V Low fat 1 of 5-a-day

Good for you Gluten Free

400g fine green beans, trimmed

12 spring onions, trimmed

1 tbsp olive oil

Handful of small black olives

Squeeze of lemon juice

Handful of tarragon, roughly chopped

1 Blanch the beans in boiling water for 3-4 mins until al dente, adding the spring onions for the final 2 mins. Plunge the vegetables into ice-cold water, then drain and set aside.

2 When ready to serve, heat the oil in a frying pan, tip in the veg and warm through. Add the olives, heat a little longer, then remove from the heat and stir through the lemon juice, tarragon and some seasoning.

PER SERVING 51 kcals, protein 2g, carbs 3g, fat 4g, sat fat 1g, fibre 3g, sugar 2g, salt 0.2g

Peach Melba pots

MAKES 6 • PREP 15 MINS • NO COOK

Easy  Vit C


This really is a cheat's dessert. Adding a little clove into the mix gives it a mellow warmth, but don't get carried away, as it can be quite intense.

140g mascarpone**200g Greek-style yoghurt****3 tbsp icing sugar, sifted****Pinch of ground cloves****Few drops of vanilla extract****300ml double cream****300g Peach Melba jam or a mixture of raspberry and peach jams.****3 peaches, each sliced into 8****150g punnet raspberries****1½ tbsp roasted chopped hazelnuts****Biscotti or amaretti biscuits, to serve**

1 Put the mascarpone, yoghurt, sugar, ground cloves and vanilla extract in a large bowl. Using a balloon whisk, beat until smooth. Pour in the cream and whisk again until the mixture just holds its shape – you want it to be soft and pillowy, so be careful not to take it too far.

2 Put a little jam in the bottom of 6 small glasses or pots, top with some of

the cream mixture, then 4 peach slices and more jam. Follow this with another layer of the cream, a drizzle of jam and finally the raspberries. Can be chilled for up to 5 hrs. Scatter over the hazelnuts and serve with biscotti or amaretti biscuits on the side.

PER POT 571 kcals, protein 6g, carbs 39g, fat 44g, sat fat 26g, fibre 2g, sugar 39g, salt 0.1g 

HERE'S HOW TO PULL THE MENU TOGETHER

1 Prepare the chorizo crumb, then coat the cod and chill until ready to pop in the oven.

2 Meanwhile, make the Peach Melba pots, keeping back the hazelnut topping. Chill until ready to serve. Next, segment the oranges and make the salad dressing.

3 Prepare and blanch the green beans and spring onions, then set aside.

4 Make the aioli, then chill.

5 Just before you're ready to eat, arrange the starter on a platter.

6 Once you've finished the starter, pop the fish in the oven. While it cooks, you can get on with the vegetables.

7 Scatter the hazelnuts over the dessert, then serve with the biscotti or amaretti.



Campsite kitchen

Give tent-side meals a touch of class with these recipes the whole family will love. Quick and simple, they're equally good enjoyed in your own back garden! Recipes CASSIE BEST

Photographs MYLES NEW

Sticky cider & mustard sausage wheel with box grater salad

SERVES 4 • PREP 20 MINS • COOK 28 MINS **Easy** **Folate** **Fibre** **1 of 5-a-day** **P**

12 linked chipolatas

Drizzle of oil

250ml cider

2 tbsp wholegrain mustard, plus extra to serve (optional)

2 tbsp clear honey

FOR THE SALAD

Juice and zest of 1 lemon

1 tbsp clear honey

1 tbsp extra virgin olive oil

½ small celeriac, peeled

2 carrots, peeled

2 raw beetroots, peeled

1 apple

100g mixed seeds (toasted if you have a spare pan)

1 Untwist the chipolatas links and squeeze the meat along the sausage skin so you have 1 long sausage. Roll the sausage into a cartwheel and push 2 wooden skewers through at right angles to secure. Heat a large frying pan with a drizzle of oil. Put the sausage wheel in the pan and cook over a medium heat for 8-10 mins until nicely browned on the underside. Flip over and cook for a further 8-10 mins until browned all over.

2 Whisk the cider, mustard and honey together until smooth, pour over the sausage and increase the heat. Bubble for 10-15 mins until reduced to a sticky glaze.

3 To make the salad, whisk the lemon juice and zest, honey and olive oil in a large bowl with some seasoning. Grate the celeriac, carrots, beetroots and apple, add the seeds and toss everything together. Cut the sausage into chunks and serve with the salad and some extra mustard, if you like.

PER SERVING 535 kcals, protein 19g, carbs 30g, fat 32g, sat fat 8g, fibre 6g, sugar 25g, salt 1.2g

MAKE IT **Gluten Free**

Buy gluten-free chipolatas and check the label to make sure your mustard is free from gluten.

Cowboy chicken & bean stew

SERVES 4 ● PREP 10 MINS ● COOK 1 HR

20 MINS **Easy**  **Folate**  **Fibre**  **Iron**  **3 of 5-a-day**  **P**

Drizzle of oil

1 large onion, chopped

6 rashers smoked streaky bacon,
chopped (you can use turkey bacon)8 chicken portions (we used thighs
and drumsticks), skin removed

1 tbsp smoked paprika

2 x 400g cans chopped tomatoes
with garlic200g barbecue sauce (measure by
filling half a 400g can if you don't
have scales)1 tbsp dried oregano or mixed
dried herbs

2 x 400g cans pinto beans

Grated cheddar and tortilla chips,
to serve (optional)


1 Heat the oil in a large casserole dish with a lid. Add the onion and bacon, and cook over a medium heat for 15 mins, until the onion is really soft and starting to brown, and the bacon is crisp. Push to the side of the pan, increase the heat and add the chicken pieces. Cook for a few mins until the meat is nicely browned, but don't worry if it's not evenly coloured. Add the paprika, tomatoes, along with half a can (200ml) water, the barbecue sauce, herbs, a pinch of salt and a generous amount of black pepper. Cover with a lid, lower the heat to a gentle simmer and cook for 45 mins, stirring occasionally.

2 Check that the chicken is tender – if not, cover again and cook for 15 mins more. Add the beans and simmer, uncovered, for 20 mins until the sauce is thickened. Serve in bowls topped with grated cheddar and tortilla chips, if you like.

PER SERVING 614 kcal, protein 43g, carbs 40g,
fat 29g, sat fat 8g, fibre 7g, sugar 23g, salt 3.4g >>

MAKE IT **Gluten Free**



Use a gluten-free brand of barbecue sauce and serve with gluten-free tortilla chips.



Serve in bowls
with tortilla chips

Marshmallow & strawberry kebabs

SERVES 4 • PREP 5 MINS

• COOK 5 MINS  

20 large marshmallows

16 hulled strawberries

A pinch of salt

200g canned caramel

Hazelnuts, chopped and toasted

Biscuits, crumbled (optional)


1 Thread 4 long metal skewers with 5 marshmallows and 4 strawberries each. Carefully hold over a campfire or gas stove, turning slowly, until the marshmallows are toasted.

2 Stir a pinch of salt into the caramel and drizzle over the top. Sprinkle with hazelnuts or biscuits, if you like. The marshmallows will be very hot, so allow to cool for a min or so before eating.

PER SERVING 212 kcals, protein 5g, carbs 31g, fat 7g, sat fat 3g, fibre 1g, sugar 31g, salt 0.3g

Hot caramel malted milk

SERVES 4 • PREP 2 MINS • COOK 5

MINS   

750ml whole milk

200g canned caramel

1 tbsp malted milk powder

1 In a saucepan, heat the milk with the caramel, whisk until smooth and heat until steaming.




2 Spoon the milk powder into 4 mugs and pour the hot caramel milk on top, stirring so you don't get any lumps.

Serve straightaway.

PER SERVING 304 kcals, protein 11g, carbs 37g, fat 13g, sat fat 8g, fibre none, sugar 36g, salt 0.4g

Warm up little hands
around a campfire


Cheesy scrambled egg croissants

SERVES 4 ● PREP 5 MINS ● COOK 5 MINS   

8 large eggs
100g cheddar, grated
A splash of milk
4 croissants
A bunch of chives, snipped

1 Whisk together the eggs, cheese and milk. Season to taste and pour into a saucepan. Gently heat, stirring continuously, until softly scrambled. Stir in the chives.

2 Warm up the croissants and fill with the scrambled eggs.

PER SERVING 502 kcals, protein 26g, carbs 24g, fat 33g, sat fat 15g, fibre 1g, sugar 3g, salt 1.5g 

Ready in 10 minutes



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PAX
ITALIAN CUISINE

The background of the advertisement is a photograph of a restaurant interior. In the foreground, there is a dark wood dining table with a white tablecloth, set with two place settings including wine glasses and plates. Two orange upholstered chairs with dark wood frames are tucked under the table. In the background, a wall-mounted candelabra with three lit candles is visible, along with a small arched niche containing a colorful vase. The overall lighting is warm and ambient.

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Time for tea!

Spend quality time with your mum this Mother's Day, by treating her to a special Parisian-style afternoon tea at home. Photographs ANAS CHERUR

Homemade
spice tea

Gateau breton

Celebrate
Mother's
Day on
March 30!

Homemade spice tea

SERVES 4 CUPS • PREP 18 MINS

• COOK 2 MINS **Easy**

1l mineral water
8 whole cloves
2g anise seeds
12 pcs crystallised ginger
1 cinnamon stick
1 tsp maple syrup (optional)

1 Heat water for 2 mins or until nearly boiling.
2 Add spices and let it sit for approx. 2-8 mins, depending on how much flavour you want.
3 Strain the mixture and sweeten with maple syrup, if you like.

Gateau breton (French shortbread cookies)

MAKES 8-10 • PREP 30 MINS

• COOK 30 MINS **Easy**

35g baking powder
800g all-purpose flour
550g caster sugar
8g sea salt
300g egg yolks
550g butter, softened

1 Sift together the baking powder and flour.
2 Whisk together the sugar, salt and egg yolks in a mixer until smooth. Add the butter, then the flour mixture gradually. Remove from the mixing bowl and freeze for 24 hrs.
3 Roll out the dough to about 5mm thickness and cut to desired size and shape with a cookie cutter.
4 Preheat oven to 180C and bake for 10-12mins. Serve fresh from the oven.



22-year old Frenchman Theo Pelleschi, Executive Pastry chef of Eugenie Les Gourmandises, may be young, but he has experience well beyond his years. The chef studied at Lycée Pierre Simon de Laplace in his hometown, Caen, France, and later interned at a French bakery and pastry shop, Aux Delices de la Galerie, before moving to the Middle East. He took up his current position after working at Ladurée in Riyadh. Here, Theo shares a selection of sweet and savoury treats that are perfect for a girlie afternoon tea.

Vegetable millefeuille

SERVES 4 • COOK 30 MINS

• PREP 30 MINS **A little effort****55g pastry layers, cut to 56cm length and 11cm wide****100ml whipped cream****200g fresh goat's cheese****50g pesto****2g caraway seeds****180g red capsicum****100g zucchini****100g sundried tomatoes****100g eggplant rounds****15ml olive oil****½ tsp salt****Pinch of white pepper****3g fresh basil, finely chopped****20g rocket leaves, finely chopped****8g pine nuts**

1 Place a light tray over the puff pastry, in a baking tray, and bake in a preheated oven at 140C until golden brown.

2 Whip the cream until smooth and fluffy.

3 In a bowl, mix the whipped cream with the goat's cheese and pesto. Set aside at room temperature.

4 Cut all the vegetables into layers or ribbons of 4mm and soak in olive oil, salt and pepper. Grill until the vegetable are cooked but still slightly crunchy.

5 Lay out a strip of cooked puff pastry, coat with a layer of the goats cheese mix and garnish with rocket and basil.

6 Place the grilled vegetables on top (it should not fall over the edges of the pastry), then coat with another layer of the mixed sauce.

7 Garnish with pine nuts and refrigerate. Slice carefully with a bread knife when ready to serve. >>





The humble sandwich
made glamorous

Marinated chicken sandwich

SERVES 4 • COOK 30 MINS

• PREP 30 MINS **Easy**

150g chicken breast fillets
70ml white vinaigrette
20g basil pesto
½ tsp salt
Pinch of black peppercorn
2 eggs, hard-boiled
60g smoked veal bacon, finely sliced
20ml olive oil
80g cucumbers
100g tomatoes
80g onions, chopped
Dollop of butter
Sugar, for caramelising onions
70g mesclun salad, finely sliced
120g mayonnaise
12 slices whole-wheat bread, toasted
120g cheddar cheese shavings
Pinch of chilli powder, for garnish (optional)

1 Chop the chicken in small pieces, about 3mm, and marinate in the vinegar, a little bit of the pesto and salt and pepper for 10 mins. Grill until cooked through and set aside.
2 Cut the eggs into thin slices.
3 Sauté the bacon with the olive oil.
4 Slice the cucumber and tomatoes into 3 mm pieces.
5 Caramelize the onions with a little sugar and butter. Sauté until tender.
6 Apply a layer of mayonnaise on all the bread slices (1 side only).
7 To assemble, on a slice of bread, place a small handful of salad, tomato and cucumber slices, chicken and bacon. Top with another bread slice and the caramelised onions, a bit more chicken and the cheese shavings. Add another slice of bread on top, with the mayonnaise facing downwards. Slice the edges off and cut with cookie cutters to make small round sandwiches. Place a toothpick through the centre and garnish with chilli powder.



Gluten-free French chocolate cake

SERVES 4 • COOK 30 MINS

• PREP 15 MINS **Easy**

170g dark gluten-free chocolate (65 per cent or higher), chopped
112g unsalted butter
2 egg whites
3 whole eggs
150g caster sugar
40g unsweetened cocoa powder, sifted
1 tbsp icing sugar (optional)

1 Preheat the oven to 180C and grease a round cake tin lined with parchment paper. Grease the paper and set aside.
2 Place the chocolate and butter in a microwave-safe bowl and cook for 2 mins, stirring every 20 secs for 1 min, until chocolate is smooth and melted (if you have a powerful microwave, reduce the power so it doesn't melt quickly).
3 Beat the 2 egg whites until soft peaks form. Add the sugar slowly, beating more quickly until glossy peaks begin to form. As you add more sugar, the whites will thicken and will not hold peaks. Keep beating until a thick, glossy mixture forms.
4 In a large bowl, whisk the 3 whole eggs and cocoa powder until combined. Add the chocolate and butter mixture slowly, whisking constantly, until fully combined. Mix until smooth and pour the egg white mixture into the batter.
5 Pour the batter into the prepared pan, smooth the top carefully, and place in the center of the preheated oven. Bake for 30 mins, or until the cake is set in the centre. Let the cake cool in the pan, on a wire rack. When cooled, dust with icing sugar, if using, cut into slices or round shapes with a cookie cutter and serve. **GF**

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IN THIS SECTION

* Diary of a local farm visit, **P90** * How to grow produce in your balcony, **P93** * Meet Scottish chef Tom Kitchen in his home kitchen, **P96** * A gastro-guide to Hungary, **P100**

BABY'S FIRST BITE



The importance of getting it right when introducing a baby to solid foods, cannot be emphasised enough. Prachi Grover asks the experts for their advice on one of the key decisions parents need to make when it comes to laying the foundation for healthy eating habits – whether homemade baby food is better.

As new parents, there are several moments in a baby's growth that one treasures. Their first smile, their first word, the first time they learn to hold their neck straight and many more. And the first time they eat solid food is undoubtedly one such defining moment. But like every other decision that young parents have to make, this too comes with its exhaustive list of doubts. What foods should one begin with, how should they be cooked, salt or no salt, and most importantly in an ever-busier world, is it OK to feed your kid store bought baby food? After all, research suggests that what a child eats in the first three years pretty much lays the foundation for the rest of their lives.

Dr Ayisha Bahaiddin, Specialist Paediatrician at Mediclinic Al Sufouh, says, "It is fine to give your baby both home cooked and/or store bought baby foods because both have advantages and disadvantages. While a homemade meal is less expensive, it does take time for preparation. But it is possible to control and know the exact ingredients that go into the constitution of a homemade meal. Having said that, since they are not prepared under sterile conditions, homemade food can spoil more easily. A lot of store bought foods generally follow strict safety guidelines, are portable and ready to use. But it is expensive. Most babies nowadays get a combination of the two."

Nutritionist Kaya Peters has the opposite view. "I strongly believe anything that comes from a jar cannot be as healthy as the fresh food you would make at home. Cooked food of course loses its nutritional value over time, so I would strongly recommend making fresh food each time – unless you are on the go or really short on time. A mashed banana, boiled and mashed broccoli or a well cooked and puréed sweet potato doesn't take time," she says.

But, a balanced approach is essential. Even though Dr.Talal Farha from Farha Childrens' Clinic doesn't recommend choosing store bought baby food, she concedes that exceptions will need to be made. "When you can look at the long history of mistrust between the parents and the producer companies and recent scares, I would say, stay away from store bought as much as you can. Fresh always come first. I think if a parent can take out just 20 minutes each day to prepare their baby's meal that would be the best gift for them," she says. "Having said that, don't become rigid. When out for an evening or travelling, I tell parents, take a judicious call. As a baby grows, they will be exposed to all kinds of environmental

factors – food will be one of those."

But when shopping for baby food, Dr Bahaiddin advises, "Always read the ingredients on the label. Avoid foods that have added salt and sugar. While introducing baby foods, it is ideal to give meals with single ingredients to look for allergic reactions. A lot of readymade meals have mixtures of different food items that should be given after tolerance to the ingredients in isolation is established. Baby desserts are generally unhealthy, so avoid them."

According to Kaya, "A good rule to follow when buying baby food would be – if you can't pronounce the ingredient, don't buy it. Preservatives, additives and flavouring agents are not meant for little bodies."

WHEN, WHAT AND HOW

According to most experts, babies are ready to eat solids when they can sit up with support, have good control of head and neck, put hands or toys in their mouth and show interest in food by leaning forward or opening their mouth when it is time to eat. The ideal time for starting baby foods is between four to six months of age.

Dr Bahaiddin says, "Introducing solid foods before four months of age or delaying beyond six months both are associated with problems. Early introduction before four months of age can increase the risk of chronic diseases like diabetes, obesity, eczema and celiac disease. It can also end exclusive breast feeding and reduce the duration of breast feeding. On the other hand, withholding solids beyond six months of age can lead to decreased growth and may increase resistance to eating solids and textured foods later."

Once you've established your baby is ready for solids, the challenge is to find a healthy balance between a homemade meal and store bought food and more importantly, finding a way where making a meal for your baby doesn't become a tedious and a monotonous chore but a pleasure.

Deconstructing the meal that you are making for the rest of the family is an easy way to do this. Making a shepherd's pie for the family? Before you add the boiled potatoes to the pie, keep one for your baby and make a potato mash. Making a broccoli stir fry with sesame seeds? Before you add the spices, take out a floret or two for the little one and mash it up. Making a brown rice and kale salad for lunch? Take out your share out of the pan and leave baby's portion in to cook for longer to make it soft enough. The possibilities are endless. If the baby's meal start coming out of the main meal, not only does your workload decrease, but as they are eating what the others are, they begin to enjoy meal times more.

The prequel

Before a baby gets introduced to solids, there is of course the first few months of milk – and the debate on breastfeeding has raged long and hard. Kaya Peters says, "So much more important than the order in which you introduce foods to your baby is that the baby is adequately breast fed, because breast fed babies are less prone to allergies, illnesses and even depression. I'd like to reiterate a fact known by all that there is no substitute for breast milk and I would advise the parents to avoid milk substitutes and formulae at all costs, unless the mother is unable to breast feed or it is specifically recommended by their paediatrician."

"Though it is perfectly okay to begin solids anytime between four to six months, I subscribe to the latter," adds DrTalal Farha. "It gives them two extra months of breast feeding which has immense nutritional values and helps boost immunity. Unless of course, they appear hungry or need extra nutritional support or there is a difficulty in breastfeeding."

When it comes to introducing new foods, the rule of thumb is to let baby get used to one new food for about three-four days to check for negative reactions, if any. "Many mothers worry when babies refuse solid foods after one or two attempts. If that happens, do not force down foods, instead try a different type of food," suggests Dr Bahaiddin. "Sometimes it can take eight to ten encounters with a particular new food before the baby will actually eat it.

"Also some vegetables like beets, turnips, carrots and spinach may contain large quantities of nitrates, a chemical that causes an unusual type of anaemia in young babies. You can either use commercially available prepared forms of these foods when your baby is an infant, as baby food companies screen the produce they use. Or, if you're making them at home, serve them fresh and do not store them as storage increases the nitrate content."

Other foods to avoid include cow's milk until they turn one, and anything that can cause choking, like nuts and grapes. Red meat is also a no no, because the protein might be difficult for babies to digest until they are older.

Dr Talal suggests introducing white meat and fish from about a month after they have started >>

on solids (so, ideally, seven months, if the baby has started solids at six months of age), giving the baby's digestive system enough time to get acclimatised. "Fish once or twice a week is great for kids. Well cooked chicken breast is beneficial as well, but try and choose organic – chicken pumped with steroids can be harmful."

Once you've chosen your ingredients (see *Homemade food combinations* for ideas), "Just ensure that the food is soft," says Kaya. "Cooking, stewing, puréeing and mashing will be the rules to follow here. There is no need to add salt and sugar because we don't want to ruin baby's clean taste palette, plus they don't need extra sugar and salt. Also I wouldn't advise frying."

Making ahead and freezing several cubes of fruit or vegetable purees is another way to ensure that each time your baby is hungry, she gets a home-cooked meal. Kaya tells us, "Any kind of freezing or even prolonged cooking does reduce the nutritional content of the food, but so is the case with packaged baby food."

When it comes to freezing homemade food, here are some important rules to remember:

- Do not keep homemade food in the fridge for more than a day.
- Do not freeze in bulk, always freeze one portion at a time, and use within one month.
- Do not defrost at room temperature as that promotes bacterial growth. Always defrost in the fridge, double boiler or microwave.
- Do not refreeze or restore defrosted foods.
- Do not overheat food. When using a microwave, it is important to mix food thoroughly and check the temperature to avoid overheating and burning the infant's mouth.

Another important aspect of food safety is sterilisation. According to Dr Farah, "Whether using sterilised baby jars or sterilising home cooked food, babies still end up putting a lot of things in their mouths, so we can't really ensure 100 per cent sterilisation. Just make sure that the food is washed properly and cooked well, utensils are clean and so is the container that you store the food in. I always recommend glass containers for storing food for it doesn't react to food at all. Silicon is another great option since it is resistant to heat, cold and odour."

"Introduction of solid foods is an important milestone and an exciting time for both parents and the baby," says Dr Bahauddin. "Ultimately the decision to give home cooked meals to babies is determined by the parents' desire and ability to prepare meals and also the cultural practices they are accustomed to." However, the evidence in favour of giving them home cooked food, whenever possible, is certainly irrefutable.



TRY THESE
Moong dal khichdi
(One pot lentil and brown rice meal)

MAKES 2 PORTIONS • PREP 5 MINS
• COOK 15 MINS

- 2 tbsp brown rice
- 1 tbsp split green gram, skinless (moong dhuli)
- 1 tbsp carrot bottlegourd, grated
- A pinch of turmeric
- A pinch of salt (optional)
- 150-200ml water (depending on the consistency you want)
- ½ tsp ghee (optional)
- 1/8 tsp of cumin powder (optional)

- 1 Wash the brown rice and split green gram several times.
- 2 Heat a pan and add the rice, split yellow gram, grated vegetable, water, turmeric and salt if using.
- 3 Cook on low heat till absolutely soft and mushy. Alternatively, pressure cook the same for 2 whistles.
- 4 If using ghee and cumin, heat the ghee in a pan and add the powder. Sizzle for 2-3 secs and add to the rice mix just before serving.



Brown rice and banana pudding
MAKES 2 PORTIONS • PREP 5 MINS • COOK 5 MINS PLUS TIME REQUIRED FOR COOKING RICE

- 50g brown rice, cooked
- ½ tbsp sultanas, soaked for about 15 mins and then chopped
- ½ a small banana, chopped
- 25-50ml of warm milk
- A pinch of nutmeg

- 1 Blend together the brown rice, banana, sultanas, nutmeg and half of the milk till it becomes a purée.
- 2 Now add the rest of the milk to make it thinner if you like. Keep aside to cool and serve at room temperature. 🍴

Homemade food combinations	
Core Vegetable	Goes well with
Potato	Carrots/peas/zucchini
Sweet Potato	Squash/carrots/apple/white potato/bananas
Parsnips	Green beans/ carrots
Peas	Green beans/potatoes
Carrots	Apples/potato/sweet potato/parsnips/ squash
Butternut squash	Apples/pears/pumpkin/sweet potato/ carrots
Broccoli	Peas/Sweet potato/ Carrots/ Cauliflower
Beetroot	Potatoes/ Sweet Potatoes
Spinach	Potatoes/ Pears/ Peas
Note: When introducing any vegetable or fruit for the first time, don't try a combination, so that any potential allergies can be easily identified.	

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The food foragers



Nicola Monteath took along two chefs and locavores, Andy Campbell and Silvena Rowe, to visit a farm in Al Ain, to discover what produce grows best locally, and how to cook with it. Photographs ANAS CHERUR

The night before our scheduled farm visit, we experienced heavy rains in the country. The first, and most obvious thought on our minds was how would we walk through a farm filled with puddles and muck? Thankfully, we didn't get either at Al Maqtaa farm in Al Ain.

Al Maqtaa farm, located just off exit 32 on the Dubai to Al Ain highway, supplies fresh fruit, vegetables and dates to restaurants and supermarkets including Union Co-operative and Carrefour, both supermarkets Chef Andy highly recommends shopping from, to find the freshest, tastiest produce.

Being big supporters of buying and eating sustainably, we decided it would be interesting to visit a local farm to investigate what type of produce grows in the UAE, how it can be used for cooking, and learning what challenges farmers face when growing in the desert. We invited Andy Campbell, our regular contributor, and TV personality, cookbook author and celebrity chef Silvena Rowe along, as they are both champions of sustainable produce. Our plan was to pick some produce from the farm, and come back to have Andy cook for us with it.

Once we hit the road to head to the farm, it felt a bit like being back in school, heading out for a field trip! During the drive, Silvena and I had a chat about the local scene and how important it is to eat produce sourced from within the region, simply because it tastes better. "I recently found out that over 98 per cent of produce is imported to the UAE – that's a huge amount," she said.

When we arrived, we were met by Eltayeb Abd Elhay, manager of Farm and Agriculture at Flag Holding (the holding company of Al Maqtaa farm) and our tour guide. The knowledgeable Sudanese man moved to Al Ain over thirteen years ago, and has loved working with the farm ever since.

Spread over 63 hectares, Al Maqtaa farm is too large for us to have covered by foot, so instead, we were driven around in Eltayeb's four-wheel, stopping ever so often to see, smell and touch. With my notepad in hand and iPhone voice memo on, I was ready to explore!

Our first stop was by a large patch of tomatoes growing on vines – they were huge and we found out that they were only planted two months ago! All plants at the farm are watered for 10-15 minutes, twice a day, with a drip irrigation system which allows water to drip slowly to the roots of the plants. The water is taken from a pump that draws from 36 wells in the farm itself. When Silvena saw the tomatoes, she immediately asked Eltayeb if she could take some home. "Just smell them," she told Andy, who was telling me the tomatoes were great as they were grown in a different kind of soil than what he uses in his garden in Dubai. "The tomatoes in the UAE tend to die because they get fungus in the soil, but if you dig them about 30 centimeters into the ground, and add some red sand to the soil, fungus doesn't develop," Eltayeb told us.

Up next was a visit to the iceberg lettuce patches, which we were told would move to the greenhouses in summer. The lettuce was leafy and had a lovely



dark green colour which made it look enticing enough to pluck off, wash and eat straightaway. Al Maqtaa has a great selection of vegetables including baby marrow, aubergines, tomatoes, carrots, and various kinds of lettuce. After walking around a bit, we were shown zucchini. "They're beautiful! They look so nice," Silvena remarked. I spotted bright yellow zucchini flowers and remembered eating them with stuffed ricotta cheese at a restaurant a few months ago. "These are great, I stuff them with fresh crab, and I have a recipe for it in my cookbook as well," Silvena said. "I like to steam them or pipe cheese into them," Andy added. This was the first time the two of them had met, so they were busy chatting about the local restaurant scene, their upcoming projects, and recipes, as we walked around the vegetable patches.

While admiring these flowers, we found out from Eltayeb that the flowers aren't sold to supermarkets, as there isn't a big market for it here. Silvena and Andy promptly asked him to send over a few boxes to them, so that they could cook with it!

The sun was out bright and shining, and even though it was slightly windy, we began to feel the heat at this point. The four of us hopped back into the car, drove past a few sand dunes, came across eggplant patches, all the while chatting about the latest in local produce in the UAE. I found out that Silvena had recently used local truffles in one of her dishes – who knew truffles could grow in the UAE? But apparently they do, about 60km up north from Dubai.

Meanwhile, Eltayeb made a quick stop at a greenhouse – there are over 43 greenhouses on the farm. As he opened the door to the greenhouse, we took in the pungent, full-bodied aroma that wafted through the air. Andy immediately ran in to touch one of the green peppers. "I used to pick these in Australia, and believe me they are hard to pick. I think it's one of the hardest jobs, along with cutting asparagus – you have to bend all the way down to cut it off. But I think you appreciate vegetables much more when you forage yourself as well," he said. Silvena quickly bit into one of the peppers. "It's fresh but not sweet – which is usually typical to organic peppers – but this is good as well," she said. The pepper plants grow about 2 metres high, and we learnt that peppers don't grow in different colours, they turn from green to red, or green to yellow, and are monitored by the farmers and picked, depending on the colour they want to harvest more of.

As we looked around, Eltayeb told us that there

are quite a few challenges of growing vegetables here. "In the summer it gets too hot, so we have to move quite a few vegetables – like the tomatoes and lettuce – to the greenhouses. Also, a lot of people travel in summer, so as demand goes down, prices of the vegetables also drop. We have to keep all these factors in mind. At the moment, we harvest green peppers when they are small to medium size, as people prefer this size as opposed to large peppers," he said. We also learnt from Eltayeb that lettuce and tomatoes can be grown year-round on the farm, but need to be taken care of properly.

"This is the best time to grow vegetables, as the weather is perfect," Andy added. Andy is a firm believer in growing your own herbs and vegetables at home, and his garden is filled with radish, chillies and tomatoes, among other things. This just drives home the point that even though the climatic conditions don't make it easy, it can still be done if you are determined to grow your own, and cook and eat meals made of fresh, chemical-free produce.

A little ahead was a greenhouse of green chilli plants. "I love chillies, I'm half Turkish so I can just eat it raw! My husband doesn't like it though," Silvena told us. We all had a good laugh as Silvena decided to entertain us by picking up a few chillies to try on as earrings.

Along our trail, Eltayeb also showed us a small non-commercial organic carrot patch, which was verdant with little baby carrots falling off the leaves. Our last stop was at a greenhouse with full-grown red and green tomatoes on vines – kept tall and steady with ropes. "These are the ideal size – like beef tomatoes," Andy said. "They're so ripe, I'm definitely taking them home," Silvena told Eltayeb once again. The tomatoes looked super juicy, smelled absolutely fresh and were firm to touch. We leisurely walked through the vines, took in the fruity aromas and gathered a whole bunch for Andy to cook with later on.

Parched from walking around, we headed back to the cars, sipped on local Al Ain water – naturally! – and departed back to Dubai with boxes of stuffed dates (from the date farm) and our bounty. Here is a super-simple recipe Andy cooked to highlight the fresh produce he picked from the farm – it's good for you too!

FARMS IN THE UAE

Here are a few others that are leading the way when it comes to growing local:

- Greenheart Organic Farms in Sharjah
- Al Khaly farm in Al Ain
- Al Dahra farm in Al Ain
- Organiliciouz Farm (on the way to Fujairah via Dhaid)




TRY THIS

Roasted Baharat spiced ratatouille

SERVES 4 • PREP 10MINS

• COOK 30MINS **Easy**

- 300g pumpkin, cut into wedges
- 1 medium aubergine, cut into 2cm wedges
- 1 red pepper, deseed and cut into 4cm strips
- 1 each of green and yellow courgettes, cut into 2cm pieces
- 1 medium sized baby marrow, cut into 2cm pieces
- 1 bulb of fennel, thinly sliced
- A bunch of parsley
- 4 tbsp tahini
- FOR THE MARINADE**
- 1 tbsp olive oil
- 1 tsp thyme, chopped
- 1 tbsp Baharat spice (available at Union Coop supermarkets)
- 1 tbsp lemon juice
- 2 tbsp apple vinegar
- Sea salt and black pepper to taste

- 1 Mix all the marinade ingredients together and pour over the vegetables, except the fennel.
- 2 Cook in a pre-heated oven at 200C for 25–30 mins, till golden brown and tender. Add the fennel bulbs during the last 5 mins.
- 3 Blend together the parsley and tahini to make a dressing.
- 4 Drizzle the parsley tahini dressing on top of the vegetables and serve as a side or a vegetarian starter. 



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A bounty on your balcony



Even if you don't have a proper vegetable patch to grow produce in, the experts assure us you can sow and harvest, even in your balcony. Nicola Monteath finds out how.

Not everyone living in this region has the luxury of a large backyard or garden to grow a green patch. But, even apartment dwellers can have their own little herb and vegetable garden in their balcony. In fact, there's a whole community of 'Balcony growers' in the UAE, with their own Facebook group, Balcony and Urban Gardening Group, founded by Laura Allais- Maré and co-managed by Smitha Lobo-Mascarenhas, where members share their tips, pictures of their plants and harvest, and arrange plant and seed swaps too. "Homegrown fruit and vegetables taste better and give you the satisfaction of knowing that there are no pesticides in what you eat," says Laura.

Someone else who knows a thing or two about growing-your-own in the region is Anne Love, author of *Gardening in Oman and UAE* (Arabian Gardening) and she agrees. "The great thing about growing in containers is that you can move it to shadier spots (this should be done from May-October), and if you don't have shaded spots on the balcony, simply set up a canvas screen," she says. And the best part? It isn't expensive – the average cost for growing any kind of plant is under Dh500, and you will be reaping the benefits for a long time, not just by getting to enjoy healthy, chemical-free fruit and veg, but also in cost savings. We asked Anne, Laura and Smitha to share their advice on produce that grows well in this region, and how to grow them.

What to grow: Tomatoes

How: When sowing tomato seeds, you have to make sure they are planted where they are going to grow, as they have very deep roots. Begin by dropping leftover organic tomato seeds in 15cm deep trays filled with a mixture of sweet red sand, garden soil (available in nurseries) and organic compost made up of leaves, egg shells and food leftovers. The mixture of the soil should retain moisture, but not make the soil extremely soggy. Germination of seeds takes about five to ten days, depending upon the soil quality and weather conditions. Getting from this point to growing proper leaves for a tomato plant takes 30 days. As soon as the plant leaves appear, transfer to a 2ft pot with 45cm diameter, and plant two to three plants in it, but spaced apart. The drainage holes in the pot should be carefully covered – with stones or egg shells – to prevent overly moist soil. Make sure to provide firm support with the help of a tomato cage or trellis, to prevent the plant from falling and the fruit from getting damaged. Water the plant at the base and prune suckers – shoots that sprout in a v shape between the main stem >>

and the plant – to direct the circulation of nutrients from roots to the main stem (for flowering and fruiting). Remove any leaves which touch the soil to avoid pests from destroying the plants.

What to grow: Spinach

How: Sow seeds in a growing medium (available at any garden centre) in a small pot, and cover with just enough soil to cover the seed – use very little soil for small seeds. When the seedlings grow to roughly 2cm height, thin them by removing the seedlings you don't want and then transfer to a large pot. You could also remove the seedlings and drop them in small indentations in the soil in the large pot, spaced 5cm apart from each other. Make sure to keep the soil moist by watering the plant.

What to grow: Sweet peppers

How: Place seeds on the surface of the soil in the pot and cover with a fine sprinkling of sowing mix. Keep moist, but not over-wet, and allow sunlight to come through to help with germination. Peppers tolerate being transplanted, so plant in a seed tray or starter pot, and then move to a space large enough for a 10cm tall plant. Once flowering begins, tickle the flowers with a small paint brush to shake the pollen into the pistil (centre of the flower) – this is done because we rarely get bees in balconies in the UAE – to make the fruit set and produce peppers.

What to grow: French, dwarf or bush beans

How: These vegetables suit containers/pots perfectly and can be sown directly in them. Place two bean seeds together at a depth of 5cm (2in), and a distance of 23cm (9in) apart. If both germinate, remove the smallest (weakest) plant, and grow only the strongest plant. Plant in partial shade for a longer growing period, or in full sun at first, and then move to partial shade as spring arrives (March onwards). Regularly pick the beans that are growing, to encourage new flowers and more beans to grow.

What to grow: Rocket leaves

How: Plant seeds in trays or 15cm tall pots, in a mixture of 60 per cent sweet red sand, 30-35 per cent potting soil, 5 per cent organic compost and 5 per cent perlite (an optional soil additive). The best way to plant seeds is by dropping them into small holes, made with the back of a pencil in the soil (about 5mm deep). When the leaves grow, and are approximately 2-3cm high, they can be harvested as baby salad leaves. Make sure to regularly cut the plant two inches away from the base of the plant, so

Start sowing!

A list of nurseries to buy seeds and plants from:

- Dubai Garden Centre on Sheikh Zayed Road (dubaigardencentre.ae)
- Wahat Al Sahraa Nurseries, Desert Group
- Plant souk in Warsan 3, next to Dubai Academic City

that leaves grow again – the more you cut, the more leaves grow. It is best to sow seeds every three to four weeks, to allow continuous supply of fresh leaves. When flowers appear on top of the plant, pinch them off or else the plant will start to seed – if you want to harvest seeds, keep the flowers. Rocket leaves take about 30-40 days to grow, and are best harvested when fresh and young.

What to grow: Mint leaves

How: These are easy to grow, and can be done with leaves brought from a supermarket. Choose a thick, healthy stalk and remove all the mature leaves (leaves that grow out from the bottom part of a stem) or else they will rot when the stem is in water. Avoid damaging the leaf node (the point where the leaves join the stem) when cutting the mature leaves. Place the stalk in a slanted glass or container filled with water, so that the water level comes into contact with the lowest growing leaf and nodes. Place near a sunny window and change water daily. Within two-three weeks hairy roots will appear. Transfer the stem to a container with fertile, loose potting mix, and cut the top shoots off with a scissor regularly, to enable healthy growth. Do not allow the plant to become pot bound for more than a year, as this will result in small sized leaves and make the plant stems dry up. Re-pot the plant every year, discard dead stems, and add a fresh layer of top soil to aid good growth.

What to grow: Lemongrass


How: Buy lemongrass with a root bottom – even if

you can't see the root – and place in a see-through container, with enough water to cover the first two centimetres of the bottom of the stalk. It grows well in hot weather and under direct sunlight, so place in a sunny spot, and change the water every other day. Once long roots appear after three weeks, transfer to a bigger pot. The stalks are ready for harvest in approximately two months, and can be cut off an inch above the soil – stalks can also be cut away from the plant, to allow more growth.

What to grow: Watermelon

How: March is a particularly good time to plant fruits, as the roots grow and establish into the soil. When planting, place plenty of crocks (small pieces of broken clay pots) or stones into the bottom of the container to ensure only water flows out, while the soil stays intact. You should add controlled released fertiliser pellets or feed with high-potassium liquid feed every fortnight, as watermelon plants need regular supply of plant food to fruit. Allow watermelon seeds to germinate in large yoghurt cups or recycled 2 litre water or juice bottles. When 20cm high transplant to a 45-50cm (18-20in) diameter pot as it needs tons of water. In summer, water generously but allow at least 1cm of the soil's surface to dry out before watering the second time – make sure it doesn't become bone dry at any point. When it begins fruiting, make sure the fruit doesn't touch the soil to avoid rotting – place a bed of straw or cardboard under the fruit for this purpose. Check if the watermelon is ready to harvest by looking at the tendril – if it looks half dead, it's ready.

What to grow: Lemons

How: Place the seeds on a wet paper towel, fold over to cover, and allow it to sprout. You could also just sow the seeds with soil in a medium-sized pot if you like. Once it grows bigger, transplant to a larger pot with access to sunlight and prune regularly. The seedlings grow within a month or so, while the lemon tree bears fruits within four to six years. 

NATURAL SOLUTION

The reality of growing anything is that pests will come. But, the good news is, you don't have to resort to chemical pesticides. Try this natural Garlic, onion and chilli pesticide spray on your plants and watch them thrive! Chop **2 large unpeeled onions**, **2 bulbs garlic** and **4 bird's eye chillis** (including seeds). Simmer in **2l boiling water** for 20 mins and then cool the mixture. Add **1tbsp biodegradable dish washing liquid** or **Castille soap** and allow to stand for 24 hrs. Store in a sealed glass jar in a cool dark place for up to 2 weeks. Spray as required.



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MY KITCHEN

Tom Kitchin

With four young sons, the Kitchin household is a busy one. Holly Brooke-Smith gets a TOUR. Photographs BRENDAN MacNEILL

After training with Michelin-starred chefs Pierre Koffmann, Guy Savoy and Alain Ducasse, Tom Kitchin and his wife Michaela opened The Kitchin restaurant in Edinburgh in 2006. Six months later, he became the youngest Scottish chef to be awarded a Michelin star, aged 29. The couple live in Edinburgh with their sons Kasper, five, Axel, three, and nine-month-old twins Lachlan and Logan.

What was the room like when you moved in?

We haven't changed much, although Michaela had the idea of building in around the fridge so it created a library for the cookbooks and wine storage – that was the bit we changed. Generally, we loved the house when we walked into it three years ago and all we had to do was give it a bit of paint and a revamp.

How do you use the space?

The open-plan living is great. I work five nights a week so it means that Michaela can cook, supervise the kids and have them in here all together. We have another separate space, more of

an adult room – although we don't really work like that – but it's where we would watch a film or, more importantly, football.

Do you cook together on your days off?

Sunday is our family day and it's always time for a big meal at the table. We work very hard, so for me, the best relaxation is eating with Michaela and the children. I talk about what we're having for dinner when we're still having breakfast. I get so excited about our night off!

So, what do you eat?

I really want the boys to eat the things that we do, and for us to eat together. When it's grouse season, we eat grouse, and when there's asparagus, that's what we have.

We're very lucky because the boys eat everything. They don't sleep though! But I think you either get great eaters or great sleepers.

Are your boys budding cooks?

They do lots of baking with my wife and get to crack the eggs, stir and lick the spoon. The kitchen is so important in the house – it is the

centre point and where childhood memories form. It's important to create an atmosphere because that's where people will gather and eat.

How do you entertain?

I like to have a big leg of lamb to carve, or put whole crab on the table, or a pile of langoustines. At ours it's the opposite to 'meat & two veg and here's your plate!' I was in France for many years and that's how they eat – with the fromage or the terrine in the middle of table. We might cook a pot-au-feu (French beef stew) in the morning and just put it on the table in the evening with our bottle of wine.

What is your favourite gadget?

At home, my commis chef – Michaela – is the one bossing me around. A Thermomix (an all-in-one food processor) is great though, as it acts as a second commis chef, one that can steam veg, make custard and cook hollandaise. It's ideal for new babies as well – you can put everything in, set the temperature, and it will cook and purée. It's like an extra set of hands that doesn't speak!

The kettle was part of Tom's grandfather's collection of pewter and copper



Knives are kept on a magnetic strip close to the gas range



Tom hangs his pan lids on elastic to save cupboard space



How about the oven?

This one is gas, and I'm to-ing and fro-ing about whether to get induction when we upgrade. In my kitchens at work, everything is electric and it's really good. With induction there's instantaneous heat but no flame, and with the kids, that's quite reassuring. Although then of course you leave something and it boils over.

What inspires you?

When I worked for Pierre Koffmann, eating with him was phenomenally inspirational. He always picked out the best bits, like the slightly burnt end of the baguette spread with salted butter, saying 'you must taste it', or the juices of the chicken – 'taste it, taste it'. If you cook a roast chicken, you shouldn't just eat the breast meat – I want my children to be interested in the oyster (the two small pieces of round, dark meat underneath the legs) and to enjoy the carcass – that's the joy of eating.

Which books are on your shelf?

I have every cookbook you can imagine. From old French ones I've found on the market to the

original La Tante Claire by Pierre Koffman, and some American books. People put so much effort into a cookbook and we have a lovely collection – it's something nice to pass on.

Will you be making any changes to your kitchen?

Having children is a big changing point in anyone's life, but the really surprising thing was having twins. We had our two boys already and the house is getting too small. The boys need space, so as much as we love it, we realise we have to move soon. **GF**

GET THE LOOK



Brighten up a kitchen counter with this Le Creuset honey pot. Dhs145 at Tavola.

Keep knives within arm's reach like Tom does, with this 4pc colour kitchen knife set with magnetic rack. Dhs99 at Ace.



A good pestle and mortar is a kitchen essential. This T&G Woodware ticks all the boxes, Dhs150 at Bloomingdale's Home.



TOM'S TIPS

- Whenever you have a chicken carcass or fish bones, make your own stock. Once it's cooled, sieve it, put it in a sealable bag and freeze it flat. It takes no space in the freezer and it's ready whenever you need it.
- Shop and eat locally. You've got to make the most of what you've got.
- Don't use extra virgin oil to fry your sausages. Keep a range of different oils, like vegetable, rapeseed or cheaper olive oil, for different jobs. Keep extra virgin for your salads.

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Pack your bags and make your way to this beachside resort to enjoy a romantic weekend within serene surroundings. The Le Royal Meridien Beach Resort and Spa have recently refurbished the hotel rooms in Tower One to make them more stylish and modern, ensuring a luxurious stay. Resort facilities


include temperature-controlled swimming pools, a fully equipped gym and the Roman themed Caracalla spa and health club which boasts a sauna, steam room and jacuzzi, so there will be plenty of ways to chill out. That's not all, guests can enjoy 24-hour butler service as well. A gourmet destination in itself, the resort is also home to well known restaurants such as Rhodes Twenty 10 from celebrity chef Gary Rhodes, and Maya Modern Mexican Kitchen and Lounge by celebrity chef Richard Sandoval.

One lucky winner and their partner can enjoy a two-night stay, breakfast on both days, and a dinner at Maya Modern Mexican Kitchen and Lounge, inclusive of a bottle of house wine.



Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

What is the name of Richard Sandoval's restaurant at Le Royal Meridien Beach Resort & Spa?

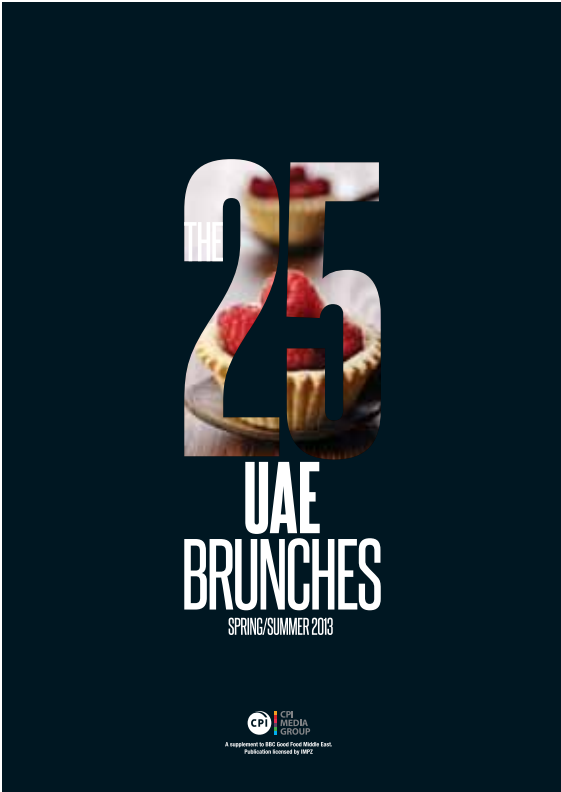
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You'll never go HUNGRY in HUNGARY!

This unique country in the heart of Europe is undergoing something of a gastronomic renaissance, discovers Sudeshna Ghosh, as she eats her way through Budapest and beyond.



I'd heard of Hungary being described as a linguistic island, in the middle of Europe, with its own language distinctly different from its neighbours. What I wasn't expecting was to find a culinary island as well – a smörgåsboard of quintessentially Hungarian gastronomic offerings and experiences, quite different from what you would find in neighbouring countries, like Austria, for example.

With a chequered history, the country has been ruled by different empires over the centuries, leading to several influences helping shape its culture. Hungary was conquered by the Mongols in the 1200s, the Turks in the 16th century, and the Hapsburgs thereafter, which then led to the creation of the Austro-Hungarian dual monarchy in 1867. All this before German occupation in World War II followed by communist dictatorship between 1947 and 1990, which is when democracy returned to the country. Hungary became a member of the European Union as recently as 2004, which is probably why it appears to now finally be shaking off its strife-torn baggage and coming into its own.

There is a palpable sense of energy in Hungary, a spirit of change that has developed in the last few years, leading to a gastronomic renaissance of sorts that the country seems to be undergoing at the moment. People are keen to try new and different things, while honouring and celebrating its rich (in more ways than one!) culinary heritage. Yes, you'll find a startling amount of paprika in everything, goulash in various avatars and more goose liver than you can shake a finger at, but you will also find trendy new gastropubs that are pushing the boundaries with their menus, contemporary takes on Hungarian flavours, and artisanal winemakers trying new-age techniques. Here's our pick of a few can't-miss experiences for a foodie in Hungary.

DECADENT DINING

Twin towns Buda and Pest, neatly sliced through the middle by the Danube river (with eight bridges spanning the river, allowing for easy back and forth travel), make up the Hungarian capital city. Buda is more of a residential district, with a slightly more laid back vibe to match, while Pest is the buzz-ier commercial capital. It is here then, on a lane off the bustling Vörösmarty square, that **Onyx** (onyxrestaurant.hu), one of the city's two Michelin star restaurants is rightly located. The lavish décor, complete with velvet drapes, crystal chandeliers, marble back-lit bar counters and intricate, baroque-style wallpapers, all add up to a Dubai-worthy amount of bling, but still doesn't get on the wrong side of ostentatiousness.

Husband-wife duo Tamás Széll and Szabina Szulló run the kitchen, and have earned the restaurant its coveted star with their creative and artfully presented interpretations of Hungarian cuisine – such as a deconstructed goulash, where the flavours of the hearty soup are kept intact in a light, consommé consistency; and a delicate breaded egg yolk and egg confit spaghetti concoction that is as intriguing as it is tasty. Even the traditional goose liver is given a modern makeover when served in a torte form, with almond biscuit and edible flowers. Across the river on Castle Hill, built along the original 13th century castle walls and within walking distance of the Fisherman's Bastion – a popular lookout that offers incomparable panoramic views of the city – is **Pierrot** (pierrot.hu), a family-managed restaurant located in a former bakery that offers lighter versions of authentic Austro-Hungarian dishes using seasonal ingredients sourced from around the region. One of the rare restaurants that opened during the Communist era, Pierrot's walls, decorated with black and white photos ooze history, with the sophisticated yet relaxed environment proving to be a preferred setting for many a Hollywood celebrity. The menu, which has earned the restaurant Gault Millau hats and a place in the Michelin Red guide, is dedicated to bringing back the glory of the cuisine of the monarchy, in a contemporary way – think roasted Barbari duck breast with tarragon pear, chickpea and brussel sprouts; and lemon grass quince pie with bay leaf ice cream.

Also in Buda, but offering a distinctly different vibe is **Bock Bisztró** (bockbisztrobuda.hu) – a modern, glass-walled venue opened in 2004 in a leafy, residential suburb by Lajos Biró, one of Hungary's best known chefs, in conjunction with winemaker Jozsef Bock. Part wine bar, part gourmet restaurant, Bock highlights nose-to-tail dining focusing on less common cuts of meat, and experimental takes on old-world Hungarian food such as herb-infused lard spread, local pike perch with risotto, and ox cheek with dumplings. Come here if you have an adventurous palate! If you find yourself craving something different, look no further than the **Arany Kaviár restaurant** (aranykaviar.hu), a proud relic of Russian presence in Hungary. While the rest of the country seems eager to shake off any associations with the Communist era, within the walls of this restaurant, you feel like you have entered a time warp – although it only opened in 1990. A series of interconnecting rooms decorated with opulent drapes, miniature lamps on the tables and brocade sofas make for a cosy, old-world atmosphere, where



The food at Onyx is art on a plate



The Chain Bridge is one of Budapest's best known landmarks



The Vörösmarty square is a busy shopping and dining district



Pierrot's lovely outdoor garden is a highlight of dining here



Es bistro has a quirky vibe

TO MARKET, TO MARKET

When in Budapest, a visit to the Great Market Hall is a must. A bustling, colourful, three-level mélange of all things food, this centrally located indoor market was opened in 1897, and, several restorations later, is still going strong. The architecturally unique market hall sells everything from fruit and vegetables, to homemade jams, spice bouquets, and the ubiquitous sausages and goose meats. This is where locals come looking for quality local produce, and tourists come to bag bargains – the top level is home to rows of souvenir shops. The market also houses a restaurant which offers cooking classes, so is a great starting point for a foodie tour of the city. Come here to stock up on your *Körözött* (a cottage cheese with paprika spread you will find at most restaurants), *Kolbasz* (sausages), Hungarian honey, and of course, the many varieties of paprika. There are two other similar, smaller markets in the city.



you can indulge in all things caviar. No jokes, from caviar with potato ice cream to start with, to corn soup with sturgeon caviar, varieties of fish adorned with blini and caviars to match, and even dessert with caviar in it (mango sorbet with white chocolate and Royal black caviar, anyone?) – the menu is a celebration of all things fish egg, with the chefs skilfully elevating it to true haute cuisine.

CASUAL CUISINE

It isn't just fine dining restaurants that offer fine food in Budapest, a slew of trendy new restaurants are leading the charge when it comes to reimagining Hungarian flavours for today's palate. **Zona** (zonabudapest.com), a restaurant/wine bar located right next to the famous Chain Bridge on the Buda side, is one of them. Achingly hip, with Scandinavian-style minimalist interiors – it is designed by two young Hungarian designers – it has oodles of personality, whether it's the giant light bulbs, recycled hospital drip bottles being used to serve water, or the very name. Zona is a play on the Communist-era concept of small plates of food being served at a lower cost to people who couldn't afford an entire meal, and as such, offers inventive Basque- and Japanese-influenced food in tapas-style portions. Expect dishes such as Hungarian vegetable ragout with smoked quail's egg, spicy chocolate cake, and barbell fish with yellow pea espuma and mangalica pork tail (mangalica is a rare specialty ham, made from a unique curly haired pig found only in a specific mountainous region of Hungary; once near extinct, this marbled,

delicious pork, not dissimilar to Spanish Iberico ham, is rightfully regaining its former glory in Hungarian gastronomy).

Another venue that is trying to bring a fresh approach to dining is **És bistro**, located in the Kempinski hotel. A light, airy, relaxed brasserie, *Es* (esbisztro.hu) – which means 'And' in Hungarian – also encourages communal dining with its rustic-style wooden tables, chalkboard menus, and various meats on display. The menu is focused on meat on the one hand, and Austro-Hungarian cuisine given a modern twist, on the other. Don't miss their delicious Hungarian spreads plate – a variety of dips, many infused with the delicious flavours of the ubiquitous paprika, with breads – charcuterie platters, selection of steaks and burgers – cooked in state-of-the-art equipment to pack in flavours – and *Tafelspitz*, a three-course beef-fest.

Hungarian cuisine redefined doesn't get much better than the food at **Atakam** (atakam.hu), a centrally located restaurant (it is steps away from the castle) that marries French techniques with flavours of the Hungarian bourgeoisie, highlighting seasonal ingredients. Washed down with high quality local wines, whether you're tucking into a calf's foot with warm leek bean salad, or the baby chicken with cep stew and cottage cheese noodles, this is truly some of the most fresh, fuss-free and tasty food you will find in the city.

For a more traditional taste of the local cuisine however, you can simply head to **Bagolyvar** restaurant, housed in a Transylvanian manor adjacent to the slightly more upscale and better known **Gundel** restaurant near the Budapest zoo, where you can tuck into home-style food including a filling goulash, with large, tender chunks of meat swimming in a rich, red broth, and the classic Hungarian dessert, the *Somló* sponge cake – a

layered trifle of a soft sponge, whipped cream, rum, walnuts and chocolate sauce.

SWEET TEMPTATIONS

Like many European nations, Hungary also has a cherished tradition of cakes and pastries, and there are few places as perfect as **Gerbeaud** (gerbeaud.hu) to enjoy these authentic treats. A confectionery that dates back to 1858, Gerbeaud Café oozes tasteful, old-school elegance with its dark wood paneling, intricately decorated rococo ceilings with glittering chandeliers, and marble tabletops. Over the centuries, everyone from royalty and state heads to Hollywood stars have enjoyed the traditional delicacies such as *Dobos torte* (chocolate sponge cake topped with caramel), *Esterházy torte* (walnut sponge with brandy vanilla cream), and my personal favourite, *krémes* (vanilla cream and phyllo pastry layered cake) handcrafted fresh from the finest ingredients. Gerbeaud also offers more modern pastry creations and savoury bakes such as *pogasca* (a cheese-stuffed bread).

Those with a sweet tooth would also do well to seek out the confections of young independent Hungarian chocolatier Katalin Csiszar, a former graphic designer who turned her love for chocolate into a profession with her boutique brand **Rözsavolgyi Csokoládé** (rozsavolgyi.com).

Available at specialty stores across Budapest as well as other parts of Europe, Katalin's award-winning chocolates use natural ingredients sourced directly from cocoa farmers in central America, and feature innovative flavour combinations such as *Dolce Banana* (banana chocolate truffles), green tea-infused chocolate bars, and chocolate with sesame seeds, to name just a few. With its quirky, retro-style packaging (she was a graphic designer after all!), a *Rözsavolgyi* chocolate will be as good as a souvenir gift, as a keepsake for yourself.




The *Somló* cake is Hungary's favourite dessert



Bagolyvar offers traditional, home-style food



Gerbeaud is a pastry haven!




Tokaj's scenic landscape is postcard-perfect

WINE COUNTRY

Only a couple of hours' drive from Budapest will take you to Tokaj (pronounced T-oh-ka-ee), Hungary's best known wine producing region and a UNESCO world heritage cultural landscape listed site. The volcanic soil in Tokaj with two rivers running through it, combined with a continental micro-climate, provide the ideal environment for wine growers, particularly of the white variety. Specialty wineries focusing on quality, above all else, have been on the rise since the 90s, bringing Hungarian wines back to their former glory (Tokaj used to be one of the foremost wine producing regions of the world, but the general sentiment is that its celebrated heritage had been destroyed during the 50 odd years of Communism). One such passionate winemaker is **Demeter Zoltán**, who, in his eponymous family-run winery in the tiny village of Mad, produces only 15,000 bottles per year, supplying to high-end restaurants; cellar visits are available only on special request, demeterzoltan.hu.

Another such award-winning boutique winery is **Kikelet**, run by Stephanie Berecz, a French viticulture expert along with her husband. Their limited-yield, oak-matured wines, made of carefully selected grapes, include both drier white varieties as well as few of the famed Tokaj dessert wine – a sweet, smooth nectarine drink that may convert even staunchest of dessert wine haters! The Kikelet cellar door is open for tastings on request, tokajkikelet.hu. Most Tokaj wineries produce the famed Aszú dessert wine, but are increasingly veering towards more dry varieties, such as the Furmint, with great success. And while Tokaj may be best known for oenology, its gastronomy is no less impressive. Pace your winery tours with a lunch stop at **Gusteau**, a charming, farmhouse-style restaurant that is part of the Szent Tamas winery. Not only can you book in for wine tours here and other fun activities such as a wine tasting picnics, but you can also simply enjoy an à la carte lunch at the formal white linen dining room. The menu, designed to complement local wines, features contemporary European dishes, underpinned by

traditional, seasonal ingredients, often sourced as locally as its own backyard (they have their own goat farm and vegetable garden) – think green pea soup with duck liver and pulled roast goat meat with spinach risotto, roasted goose breast, game such as wild boar and venison, and ricotta, poppy seed cake. You can also pick up locally made food products here, including deer meat pâté, and paprika chutney.

A little ways up the road, you will find an abandoned amphitheatre – walk up the two dozen steps or so to find an unexpected vista of the picturesque village and the valleys beyond. Bells tolling, a dog barking in the distance, smoke spiralling out of the chimneys of the red-roofed cottages, steeped houses and church spires poking the clouds... it is a picture of idyllic tranquility that, for me, kind of summed up Hungary as it is today. Finally at peace, but with lots bubbling away on the stove, just waiting for the world to come and taste. 



Unique geographical conditions make Tokaj a great wine producing region



Stephanie is one of Hungary's foremost boutique winemakers



Seasonal, regional dining at its best in Gusteau

TRAVEL DIARY

GETTING THERE

Swiss International Air Lines offers convenient flights to Budapest via Zurich with convenient connections (around an hour each way) with Zurich airport offering plenty to keep you entertained. On a business class flight, you can experience Swiss hospitality in the form of flat-bed seats, varied entertainment and food that will be the highlight of your flight – whether it's a breakfast that is handed out in a hotel room menu style, where you tick exactly what you'd like (Swiss muesli and fresh orange juice anyone?), or the gourmet chef creations that are served for main meals as part of Swiss' Taste of Switzerland campaign, in which leading Swiss chefs from different cantons (regions) create specialty menus for premium passengers. The current menu is from Canton Valais in Zermatt. Ticket prices start from Dhs3,095 for economy, Dhs12,575 for business. swiss.com.

STAYING THERE

The Sofitel Budapest Chain Bridge hotel, located in the heart of the city right by the historic bridge in Pest, combines modern design and French flair with luxurious accommodation. The hotel is also home to the Paris Budapest restaurant, a luxe spa, and rooms with unbeatable views of the bridge and castle across the river. Room rates start from about €150 (around Dhs760) per night, sofitel.com.



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Bon Appétit experiences with Emirates NBD

The series finale of Emirates NBD Bon Appetit Experiences events held together with *BBC Good Food ME* saw premium customers of the bank enjoying authentic Indian delicacies cooked up by chef Aman Manoj Kumar, in the picturesque setting of the terrace at Amala, Jumeirah Zabeel Saray. Here are some snapshots of the evening as well as a selection of the recipes from the chef for you to try at home.



Editor Sudeshna Ghosh introduces the chef



An array of spices laid out for the cooking demo



Chef Aman cooks up a storm!



Guests got to try all the dishes chef showcased



The Emirates NBD team with the raffle draw winners



The Indian flavours were enjoyed by everyone



Chef Mussabeh from Jumeirah Zabeel Saray handed over a spa voucher to a lucky winner



Emirates NBD gave away two tickets to the Dubai Food Carnival



Guests picked up cooking tips and tricks from the chef



Kusmakar salad

SERVES 4 | PREP 15 MINS | NO COOK

400g green moong sprouts
100g cucumbers, diced
100g tomatoes, diced
4g black salt powder
5ml lime juice
40g Lolo Rossa lettuce

5g coriander leaves
Papad, for serving (optional)

- 1 Mix all the ingredients together.
- 2 Place the lettuce leaves in a bowl and spoon the mixed salad on top.
- 3 Garnish with coriander leaves and refrigerate. Serve cold with papad, if you like.



Tawa Jhinga

SERVES 4 | PREP 15MINS | COOK 10MINS

5g ginger, peeled
10g garlic, peeled
3g coriander powder
3g cumin powder
2g Kashmiri chilli powder
2g garam masala powder
5g salt
15ml mustard oil
20ml yoghurt
400g prawns

- 1 Blend the ginger and garlic together.
- 2 Mix all the ingredients with the paste to make a marinade.
- 3 Marinate the prawns in the mixture and refrigerate for 30 mins.
- 4 Sauté the prawns for 10-15 mins. Serve hot.

Kadai Murg

SERVES 4 | PREP 15MINS | COOK 15MINS

10g onions
20g Middle Eastern red tomatoes
25g green capsicums
20g red capsicums
20g yellow capsicums
5g cumin seeds
5g coriander seeds
3g Kashmiri chilli powder
10g Middle Eastern coriander leaves
5g ginger paste
5g garlic paste
2g red chilli powder
5g coriander powder
5g cumin powder
3g turmeric powder
2g garam masala powder
20ml sunflower oil
400g boneless chicken thigh, cubed
5g salt

- 1 Cube the onions, bell peppers and tomatoes and set aside.
- 2 Toast the cumin seeds, coriander seeds and whole red chilli in the oil and sauté for 2 to 3 mins. Add the onions, tomatoes and bell peppers and cook for 10 mins.
- 3 In a bowl, mix together the ginger and garlic paste and add the powder spices with little water to make a paste. Add the paste to the onion mix on the stove and cook for 5mins.
- 4 Add chicken cubes and mix well. Then add the tomatoes and cook till the chicken is tender. Check seasoning and garnish with fresh coriander. Serve hot with rice or bread.

The 'Bon Appétit Experience' is an extension of the 'Bon Appétit' programme that was launched in 2011 by Emirates NBD, which enables cardholders to enjoy exclusive discounts of up to 30 per cent at over 1,500 restaurants in the UAE, Middle East and Europe, when they use their Emirates NBD Debit or Credit Card.



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The Address Dubai Mall offers the perfect escape for those who enjoy the vibrancy of staying in the heart of Dubai. The five-star hotel located in Downtown Dubai is attached


to the world's largest shopping mall, and rooms and suites are all fitted with iPod docking stations, large screen TVs and tea and coffee making facilities – ideal for those who want to laze in bed all weekend long! If you do want to get out of your room, head to the 36-metre swimming pool, steam and sauna facilities, or the spa, to relax and rejuvenate.

Dining options at the hotel include Arabic cuisine from Na3na3; grills and bakes at poolside restaurant Cabana; and light bites and afternoon tea at lobby lounge Karat.

One lucky winner and a friend can enjoy an overnight stay at the hotel, inclusive of breakfast at Na3na3, a three-course set-menu dinner at Cabana, and spa treatments for two at The Spa.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

What is the name of the poolside restaurant at The Address Dubai Mall?

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Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.

WIN! GIFT VOUCHERS FROM 2XL, WORTH DHS1,500.

Three lucky winners can get their hands on a gift voucher worth Dhs500 each, to use at this luxury furniture and home décor store. The interiors store offers everything from Parisian-inspired shabby chic furniture, to candles, rugs, bath linen, kitchenware and accessories, so winners can splurge on a design makeover for their home!



WIN! DINING VOUCHERS FROM ZAATAR W ZEIT, WORTH DHS1,500.

Six winners can get their hands on vouchers worth Dhs250 each, and use it at outlets across the UAE. The restaurant chain, winner at this year's *BBC Good Food ME* awards has long been famed for its Spizy chicken wrap and mankousheh, as well as pizzas, salads, and desserts.



WIN! A PACKAGE OF FOODIE TREATS FROM CAFÉ D ALSACE, WORTH DHS1,300.

One lucky winner and a friend get to visit this Alsatian café at Yas Marina Abu Dhabi to dine and indulge in culinary activities. The package includes a fondue and raclette night on Monday, pastry class with chef Fabrice Meynet on Tuesday, Flammkuchen night out – includes pizza and free-flowing beer – on Tuesday night, an Alsatian breakfast on Friday, and a Friday brunch as well.



WIN! DINNER FOR FOUR AT SHANGHAI CHIC, MOVENPICK HOTEL IBN BATUTA GATE, WORTH DHS752.

One winners can take three dining partners along to this Asian eatery for the unlimited tasting night. The menu is created in a way to allow guests to share and try everything, where you can order as many rounds as you want of a particular dish as well.



WIN! AFTERNOON TEA FOR TWO AT PLANTATION LOUNGE, SOFTEL DUBAI JUMEIRAH BEACH, WORTH DHS260.

Take a friend along to this relaxed lounge for À La Française – the afternoon tea with traditional English and French treats. Feast on finger sandwiches, freshly baked cakes, pastries and scones, as well as a selection of teas.



WIN! BRUNCH FOR TWO AT MAZINA, THE ADDRESS DUBAI MALL, WORTH DHS560.

One winner can take a friend along to this brunch which comprises of live cooking stations and a plethora of cuisines, ranging from Mongolian to Indian and Arabic. The offer also includes a selection of some of the finest beverages available at the restaurant.



WIN! DINNER FOR TWO AT CHANNELS RESTAURANT, MEDIA ROTANA, WORTH DHS215.

Two guests get to dine at this restaurant on Sunday, to experience the English Channel theme. Try a selection of traditional British favourites including pies and roasts from the carving station and end the meal with decadent sweet puddings and desserts.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.




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THEMES CAN BE CUSTOMISED TO ORDER



Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

The 47-year old culinary enthusiast and founder of **Cookingwithshy**, **SHAILAJA DESAI**, has been living in Dubai for seven years. The blogger is originally from Mumbai, but moved here from Toronto with her husband and teenage son. Shailaja lives in The Lakes, and often finds herself either gardening, baking or doing yoga and pilates when she has spare time on hand.

Worth reading

The Heart of Home (Random House Australia) by Julia Goodwin. The cookbook was a gift and has a lovely selection of everyday recipes, from salads and grills to a delicious pea risotto. It's the kind of book you want to cook from!



*About the blog

I've been cooking and baking ever since I was 12, but developed an interest in food photography just a few years ago. That's when, in 2007, **Cookingwithshy** was born! Along with a collection of recipes, I also post all my culinary adventures and reviews of gourmet stores I visit. The blog has everything from Lebanese to Indian food, and the cake recipes are definitely worth trying!



Guilty pleasure

Häagen Dazs caramel biscuit and cream flavoured ice cream with speculoos (spiced biscuits).

All-time favourite movie

Julia and Julia! I feel like I'm in the same spot as Julie in the movie, as I am constantly trying out something new and exciting to blog about.

My next culinary adventure

Hopefully Tuscany! I would love to roam the countryside, visit olive groves, try the food and wine, and learn how to perfect pasta and bread making.

Culinary icons

I'm in awe of Yotam Ottolenghi (chef, restaurateur, and cookbook writer). His cooking style is a mix of Middle Eastern and Western techniques, and all his recipes have an incredible blend of textures and exotic ingredients. I recently adapted his roast chicken with zaatar and sumac and it turned out great!

“I love crème brulee! Its rich creamy custard base and hard caramelised top layer hits the spot every time!”

IN TEN MINUTES, I CAN COOK

Spaghetti with pesto sauce, mushrooms, dried oregano and basil (from my garden). I always have a jar of homemade pesto in my pantry.

Favourite food memory

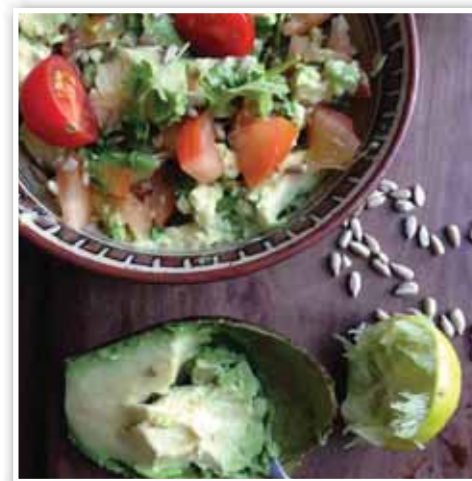
I lived in Toronto for a few years and every summer we stayed in the countryside of Hamilton, Ontario. I loved going there to pick strawberries to make jam.

If I dined out every day, it would be at...

La Petite Maison! This restaurant offers a sublime blend of French-Mediterranean cuisine. The salad of endives, gorgonzola and caramelised walnuts, pan fried Dover sole for mains, and French toast with spiced ice cream will want you going back for more.

A dish I'd love to tackle

Black cod with miso from Nobu Matsuhisa. I adore Japanese cuisine and this dish has the simple flavours of mirin and miso.



I live and eat sustainably by:

Buying local, organic produce whenever I can. I also grow basil, rosemary, coriander and rocket leaves in my garden.

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